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STYLE SCHOOL GIRL GOES OFF TO WORK {page 51}



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Weekend, November 10-13, 2011
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News worth
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Pony. Up



► Dallas Mercer, 16, poses with pony Ernie from his family's hobby farm at Farmfair at the Edmonton Expo Centre on Wednesday.

SHELLEY WILLIAMSON/METRO

Horsing around at Farmfair

Farmfair 2011 runs through Nov. 13, while the Canadian Finals Rodeo kicked off Wednesday night at neighbouring Rexall Place. It also wraps up Sunday.

Tax goal still requires cuts

► 4.5 per cent tax hike means average homeowner will pay nearly \$1,800 next year ► Cuts to services, city jobs also proposed



HEATHER
MCINTYRE
@METRONEWS.CA

By eliminating flower planting, cutting transit hours and increasing the wait time when calling 311, council's goal of a 4.5 per cent 2012 property tax increase can be met.

The proposed hike, costing the average Edmonton homeowner an additional \$77 next year, also includes cutting back on spring alley sweeping, tree lights and the replacement of street light bulbs in residential areas.

The adjustments, which also include cutting nearly 80 city jobs, were identified by city officials Wednesday, as they presented the \$1.86 billion 2012 operating budget.

"Is it fair to say there's change? Yes, there's change," said city manager Simon Farbrother.

City council asked for a three per cent hike plus 1.5 per cent for neighbourhood renewal back in June, but some are now wondering if it might need to be higher.

"We will allocate money to do things," said Mayor Stephen Mandel. "We need to look at ways to change if desired."

"I don't think citizens want us to cut those kinds of things."

Chief financial officer Lorna Rosen said the budget was made tougher since council opted to not put the cost of maintaining fire hydrants on water bills nor increase franchise fees.

But through proposed reductions and new revenue, \$44 million was found to balance the budget, and leaves \$8.2 million for new initiatives or to "buy back" some services, said Rosen.

A public hearing will be held Nov. 23 and council will begin deliberations Nov. 25.

Budget bits

- Proposed to increase are admission to city facilities as well as transit fares, while off-peak transit hours could be cut by 12,000 next March. That number could grow to 20,000 hours in 2013.
- Not hiring additional 311 telephone operators when call volume has increased means the average wait time will nearly triple from 25 seconds to 60 seconds.
- Council was also presented with the 2012-14 capital budget, which proposes spending \$2.3 billion on continued neighbourhood renewal, the Walderdale Bridge (\$132 million), replacing the Shaw Conference Centre escalators (\$12 million) and more.
- Utilities for the average homeowner are proposed to go up \$87 next year.

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news



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Buddy and Pedro, the Toronto Zoo's same-sex penguin pair, have become an online sensation. Watch video of them at metronews.ca/video

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Edmonton police want funds for a 'northwest campus'

- ▶ Arrest and training centre, division station proposed as part of new northwest campus
- ▶ New facility, on top of 68 new officers, on EPS budget list for 2012



HEATHER MCINTYRE
@METRONEWS.CA

Not only does the Edmonton Police Service want more officers next year, they would like to see the city fund a new northwest campus.

Response times are up, especially in the northwest, Arlene Yakeley, chair of the Edmonton Police Commission, told city council Wednesday.

Yakeley said if a northwest division is built, EPS "could divide up the city in a different way."

In all, \$25 million is needed in the 2012-14 capital budget and \$40 million in the next to fund a northwest division station, arrest processing unit and training facility. There is already \$11

million for the project, "but we need a commitment to move ahead," said Yakeley.

Police chief Rod Knecht said downtown is overcapacity and building the "northwest campus" would free up space downtown for a "drunk tank." Coun. Kim Krushell plans on introducing a motion to ensure it happens.

"This isn't just about a station, it's about a campus," she said. "Training, arresting and officers all in one facility."

One potential location for the facility is near the new Remand Centre. EPS also revealed an operating budget desire for 68 new positions next year, including 65 sworn-in officers.

Knecht originally said in September he wanted 100 more officers in 2012.

Police particulars

HEATHER MCINTYRE/METRO



▶ Arlene Yakeley

- ▶ EPS' training facility is in Griesbach, but the lease expires in 2014 and the area is slated for redevelopment. Meanwhile, Yakeley is unsure of the particulars of a provincial training centre in

Fort McLeod.

- ▶ The 68 new officers would be distributed as follows: 42 for traffic, 15 beat officers, seven for surveillance, two for the Neighbourhood Empowerment Teams and two for the Public Safety Compliance Team.
- ▶ No provincial funding has been promised to Edmonton for police, but Jonathan Denis, solicitor general and public security minister, said it is a priority during budget talks.
- ▶ EPS found \$2.2 million in reductions in order to meet the 2012 budget guidelines.



▶ Police chief Rod Knecht at city hall on Wednesday. EPS would like funds for 68 officers as well as a new northwest division station, arrest centre and training facility.

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MURDER INVESTIGATION

Family offers reward for tips on homicide

The family of homicide victim Jolene Cote is offering a reward of \$25,000 for information leading to an arrest and conviction in the Oct. 13 death of the popular

wife, mother and teacher.

The RCMP supports the initiative and hopes the reward will stimulate renewed interest in the case.

Police continue to investigate the crime.

Anyone with information about the case should call Stony Plain RCMP at 780-968-7267.

Those who wish to remain anonymous can do so by contacting Crimestoppers at 1-800-222-TIPS (8477).

● METRO

Local occupiers get boost from New York City

Occupy Edmonton protesters received a \$7,500 donation from Occupy Wall Street on Tuesday.

They plan to use the money to further their winterization efforts.

"We found out last night," occupier Rob Butz said yesterday.

"It's a big deal. They think of and see us as something that has staying power."

The group purchased a military tent this week and also had a teepee donated to their camp.

But this money will be put towards things such as generators, gear, sleeping bags, fuel, tents stoves and more, said Butz.

The camp, set up on land owned by Melcor on 102 Street and Jasper Avenue, has been in place since a rally Oct. 15.

\$500K Occupy Wall Street demonstrators in New York raised \$500,000.

Melcor CEO Ralph Young is encouraging the protesters to leave but has said he doesn't plan to use any force to remove them.

Butz said the donation — on top of \$3,000 occupiers have contributed themselves — brings the group's total to about \$10,000, which should help them sustain themselves.

"We're really hoping to expand our camp, expand our dialogue," he said.

The group holds phone conferences with those in New York, and announces them on their Facebook page and Twitter account.

● HEATHER MCINTYRE/METRO

Esks' fans ready for the battle of Alberta

- ▶ About 40,000 fans expected for Sunday afternoon playoff match
- ▶ Fans want Eskimo win and Edmonton vs. Montreal Grey Cup on Nov. 27

LUCY HAINES/FOR METRO

▶ Avid fan Stephanie Gardener can't wait to cheer on the Edmonton Eskimos against the Calgary Stampeders this weekend at Commonwealth Stadium.



LUCY HAINES
EDMONTON@METRONOVS.CA

No matter what the temperature is on Sunday, things are bound to get heated at Commonwealth Stadium, as a battle of Alberta takes to the football field between the Edmonton Eskimos and rival Calgary Stampeders.

It's the first home playoff game for Esks fans in seven years.

"Being tied with Calgary makes this game super exciting," said 23-year-old Stephanie Gardener, a self-professed life-long Esks

fan.

"I like Fred Stamps this year, and Ricky Ray. He's a good thinker who takes his time to throw a ball."

MacEwan University student Alvin Singh said the B.C. Lions are the hottest team in the west, but he credits Ray and running back Jerome Messam with turning the Eskimos around from last year's poor season.

"We re-did the whole team from the top down," he said.

"I'm biased, but we're gonna win Sunday."

Roughrider fan Matthew Moorman, 27, ex-

pects the hometown advantage to make for a loud, exciting game.

Dave Jamieson, vice president of communications for the Eskimos, agreed with the hometown advantage.

"If it's cold Sunday, wear Eskimo green and gold, cover your head with an Eskimos toque, wrap yourself in an Eskimo blanket," he said.

"Just leave your face free for cheering."

Must knows

▶ Edmonton clinched the home playoff game by beating the Saskatchewan Roughriders last Friday — the same team that beat them in their last home playoff game in 2004.

▶ The winner of Sunday's

game will meet the B.C. Lions in the Western final. Either Hamilton or Montreal will face Winnipeg in the Eastern final Nov. 20.

▶ The Eskimos average 36,000 fans at home games. The stadium holds about 60,000.



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► MoSistas Amanda Babichuk, left, Jackie Witson, and Kari Skelton show off T-shirts they'll be selling to fund prostate cancer treatment and research.

MoSistas doing it for their fellas

- Movember group raising money and awareness
- Cash for research and future prostate cancer clinic



SHELLEY WILLIAMSON
@METRONEWS.CA

For the second year, three local ladies are hoping to inspire men in their lives and the city to see what the big hairy deal is about with Movember.

"The way it started for me is I have hosted the Movember Gala for four years, so I decided to host a MoSistas Soiree because women don't know how to get involved," said Kari Skelton, one of three MoSistas of Edmonton founders.

Just because women

\$1M
Last year the city's Movember movement raised \$1 million toward prostate cancer.

don't want to grow a moustache for prostate cancer awareness, doesn't mean they can't show support, said Skelton.

In addition to raising money, the event—Thursday, Nov. 10, at d'Lish Urban Kitchen & Wine Bar—is designed to bring awareness to prostate cancer.

"If even five ladies go home and convince their guy to get checked it's worth it," said Skelton, adding she got first involved because her husband, BT's Ryan Jespersen, lost a grandfather to prostate cancer.

"The numbers are staggering. It's 90 per cent curable if detected early," said Skelton.

The soiree kicks off at 7:30 for MoSistas and will feature guest speakers, a photo booth, snacks and prizes.

MoBros are welcome at 9 p.m.

Bronco gears up for stint as U.S. envoy

JEREMY NOLAIS
@METRONEWS.CA

Forging strong relationships and telling Alberta's tale are top priorities for a former Calgary mayor set to represent the province south of the border.

Dave Bronconnier, who served atop Calgary's city council for three terms, was officially named Alberta's trade envoy in Washington yesterday for a term of nine months.

"We have a story that is second to none, and we should be out there selling that message," he told reporters.

The appointment comes as further U.S. reviews of Alberta's much-debated Keystone XL pipeline threatened to delay the project up to 18 months and put its development in jeopardy.

Premier Alison Redford said that matter is out of her government's hands,



► Former Calgary Mayor Dave Bronconnier.

but is confident Bronconnier will represent the province's values well on the international stage.

"He has a proven track record for success and he's an advocate that really can make a difference both in the country and around the world," she said.

Bronconnier was critical of the Tory govern-

Job description

- The annual salary attached to Alberta's trade envoy position is pegged at roughly \$264,000.
- The position was previously held by Gary Mar, who ran an unsuccessful campaign for the Tory leadership spot and has since been appointed as envoy to Hong Kong.
- Bronconnier plans to travel to the U.S. Sunday to meet with the premier during her East Coast tour.
- He maintained Wednesday that the posting is only a temporary job and he has no intentions of re-igniting political aspirations.

ment during his stint as mayor and unsuccessfully ran for the federal Liberals in 1997. However, Redford said the appointment was based solely on merit.

Public schools on board with quashing provincial tests

Edmonton's Public Schools are a step closer to erasing the province's achievement exams from Grade 3 classrooms.

The EPSB trustees voted Tuesday in favour of "more appropriate assessment mechanisms" to the tests intended to measure student growth and learning.

The move follows a cam-

paign pledge by Premier Alison Redford to eliminate the tests.

The board's liaisons will now focus on convincing the Alberta School Boards' Association and Public School Boards' Association of Alberta to adopt the same stance, an EPSB release said yesterday.

Board chair Dave Col-

burn told Metro before the vote the board would be approaching the premier and rallying other boards to vote similarly as they work toward the tests' removal.

● METRO



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House ready to light up the season

► Dickensfield-area home to turn on 7th annual holiday light spectacle Nov. 18 ► Homeowner pays tribute to late mom, Maisie, with yard and window displays of Christmas scene



LUCY HAINES
EDMONTON@METRONEWS.CA

There's no snow on the ground yet, but the holiday season is in full-swing at Maisie's magical Christmas house, a landmark set to light up and welcome visitors starting next weekend at 9619 144 Avenue.

For homeowner Jerry Dolynchuk, the labour of love takes more than two months to set up.

Thousands wander the paths around the house each year, which is a far cry from six years ago when Dolynchuk set up a few strings of lights for his ailing mom.

"She's gone now, but I keep doing this as a tribute to her," he said, guessing he has spent more than \$100,000 on the display.

Decor details

► New this year will be Christmas décor for sale at Dolynchuk's Northland Home Hardware store under the banner of Maisie's Magical Christmas Store.

► His home will be lit up daily from 6:30 a.m. to 8:30 a.m. and 5 p.m. to 11 p.m. until Ukrainian Christmas.

► There are well over 100,000 lights, which has cost \$10,000 to power for the 52-day run in past years. It is now more efficient thanks to LED lights.

► The tradition is free, but visitors are asked to bring a donation for the Edmonton Food Bank.



► Final touches are being put on at Maisie's Magical Christmas House, set to light up next weekend.

Edmontonian vies for top comic title



LUCY HAINES
EDMONTON@METRONEWS.CA

Sterling Scott is living his dream as Edmonton's funny man in Canada's Next Top Comic finals next week in Toronto.

"I feel like a winner already because this opens a door and tells me I'm on the right path," he says of the online vote that placed him in the hunt for the

prize.

First taking to the stage on a dare five years ago, Scott says he's confident his eight-minute set, which he calls a "high-energy party on stage," can win the crown at next week's gala.

"I want it for the city, too. I don't think Edmonton gets enough respect for its comedy," he added.

SiriusXM Canada's Jeff Leake, executive producer of Canada's Next Top Comic, says being funny around the office isn't the same as what these comics do.

"Alberta is very funny — Winnipeg killed in this competition, too, but comedy is a difficult discipline. We're confident our comics can be touring any-



► Sterling Scott

Comedy contest

► More than 700 funny folk across Canada auditioned a 5-minute set for chance to be called Canada's next top comic.

► SiriusXM Canada's third annual coast-to-coast competition offers cash, gigs at comedy clubs and on time on Laugh Attack radio

where in the world, and that's what this promotion is about, to find that next up-and-comer," he said.



.....
For more local news, visit metronews.ca/edmonton

Fire a deliberately-set explosion, police say

A fire at 18 Street and Yellowhead Trail Wednesday afternoon was a deliberately-set propane explosion, according to Fire Rescue investigators.

A man in his 50s, a passenger in one of the vehicles involved, was taken

to hospital with non-life threatening injuries.

Three RVs, two fifth-wheels and a motorhome were destroyed in the explosion and fire.

Damage is estimated at \$100,000.

● METRO

U of A frat members charged for recruiting

Four members of the Delta Kappa Epsilon (DKE) fraternity are being charged under the code of student behaviour for try-

ing to recruit students on campus in September while they were on a five-year suspension following hazing allegations, according to University of Alberta Protective Services.

Not only is the fraternity not allowed to recruit while suspended, no student group can solicit on campus.

● METRO

Teens charged after air-pellet incidents

Edmonton Police charged two 16-year-old males in two alleged air-pistol incidents in the west end Tuesday morning.

A woman walking around 82 Avenue and 175 Street was hit by pellets, followed soon after by a

second incident with shots aimed at a group of youths, police said.

The suspects are each charged with five counts of assault with a weapon and two counts of careless use of a firearm.

● METRO

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LISTINGS

Lest we forget: events

Edmonton, Beechmount and Northern Lights Cemeteries: 11 a.m.- 2 p.m. City of Edmonton will provide flags to be placed on graves of military veterans.

Butterdome Pavilion, University of Alberta: 10 a.m.

Ceremony at 10:30 a.m., including Mayor Stephen Mandel, Royal Canadian Legion's Norwood Branch, Veterans Affairs Canada and Ex-Service, Women's Branch.

West Edmonton Mall, Ice Palace: 10:30 a.m. Hosted by Jasper Place Branch, Royal Canadian Legion, with MP Laurie Hawn, City councillors Karen Leibovici and Linda Sloan representing government.

● METRO

Taking our vets off the streets

Kevin Short served in the Canadian Forces for 10 years, including a tour in Cypress.

The trained chef never expected to swap his uniform for clothes warm enough to sleep outside — permanently.

"I lived in the ravine in a tent for six years," said Short, 44. "I kept warm with one candle."

Short, who now has a home through Housing First, said his training prepared him for life outdoors.

He took to the streets for a girl, because he couldn't

bear to let her be out there alone.

She left him soon after. Short credits the program, through various government levels and Homeward Trust, with being the hand up he needed.

He's now vowed to never be homeless again, and is hoping to work counselling youth at risk of being on the streets.

"I have been on both sides. I used to have the perception, too, that they're all alcoholics. They're not," said Short.

● SHELLEY WILLIAMSON

A war hero remembers

SHELLEY WILLIAMSON/METRO



► Jack Birmingham, 91, who served five years during the Second World War with the Loyal Edmonton Regiment, displays his medals.

► Second World War vet helped defend Italy and unarm Germany



SHELLEY WILLIAMSON
@METRONEWS.CA

Jack Birmingham speaks of enlisting in the army in January 1940 as if it were yesterday.

Now 91, the former Sergeant Major in the Loyal Edmonton Regiment recalls he and his pal, Harold, skating nine miles to Vermillion to catch a ride to Edmonton to sign up.

He recounts battles in Italy in the 1940s in detail and recites poetry inked from the trenches.

The second day in Ortona, Italy, one of his regiment's toughest battles, Birmingham's commanding officer was killed.

"The next thing I knew this guy was shaking me and saying you're in charge of the platoon," he said.

The battle, over Christmas, saw many casualties, as did Birmingham.

"They went into this house and they pushed the plunger and killed the whole works of them," said Birmingham.

Historic battle

► **Killed.** The battle of Ortona, fought from Dec. 20-28, 1943 saw 2,300 Canadians killed.

► **New tactic.** The house-to-house fighting in Ortona prompted Canadians to make use of a new tactic called mouse-holing.

Canadians also faced German paratroopers for the first time in bloody Ortona.

Birmingham figures a piece of stray bullet was his destined brush with injury.

"I got a piece of shrapnel in my head. I could put three fingers in it," he said.

Birmingham still has a picture with his platoon taken in Holland on May 5, 1944, the day they learned the war was ending.

He stayed for Germany's occupation before returning to join the city's fire department.

"I changed one uniform for another. I was in 31 years. I got to be district chief."

Reflecting on war today

"Talking about the present action, the war right

now. I really feel sorry for them because they don't know who they're fighting against. We did. We knew a German was a German and he was proud of it," said war vet Jack Birmingham.

● SHELLEY WILLIAMSON

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@yegtransitAlert - Coming soon...A fully automated Twitter service that sends scheduled detour and bus stop closure information. Subscribe to alerts by email using the ETS Trip Planner or follow directly through Twitter.

ETS Facebook - We technically rolled out our Facebook page a few months back, but couldn't resist the urge to formally invite you to 'Like Us.' This is the place to get weekly updates on amazing offers, contests, and events. Visit [facebook.com/takeETS](https://www.facebook.com/takeETS) today!

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Contest Rewind

The Breast Summer Ever

THE BREAST SUMMER EVER

90.3 AMP RADIO. With a \$10,000 breast-augmentation procedure

offered up as the grand prize, AMP drew criticism in mid-July for its contest, which some deemed sexist.

Vandals even pasted decals onto the exterior of the station's headquarters. Eventually, the station was able to score brownie points by crowning transgender local musician Avery Mitchell its winner.

Upgrade Your Spouse

CJAY 92. Started last month, CJAY has left the

grand prize up to listeners, but suggested everything from plastic surgery to botox to cooking lessons.

Winners seeking to "get the trophy wife — or hubby — you've always wanted" are currently being chosen every Friday morning until December.

Win A Wife



100.3 THE BEAR.

Launched Aug. 22, the contest offered 13

nights' accommodation in Russia, return airfare and service courtesy of A Volga Girl, a company specializing in matchmaking and marriage support services.

The contest drew heated criticism from then-Employment Minister Thomas Lukaszuk and eventually changed its name to Win A Russian Romance.

● METRO

► Radio stations in Alberta and around the country bumped it up a notch this summer in provocative — and, in some listeners' eyes, questionable — listener contests.



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CANDICE WARD/FOR METRO

► Breast augmentation, mail-order brides among prizes offered up by Alberta stations this summer ► Balance between provocative and offensive is a 'fine' one, professor says



JEREMY NOLAÏS
@METRONEWS.CA
METRO CANADA IN CALGARY

Radio contests asking listeners to eat dog food, live in prize vehicles or plan a dream wedding are being pushed aside in favour of new offerings that delve into morally grey areas, say Calgary personalities and industry observers.

"It used to be 'Hey, you can win a man-cave with a motorcycle and a weekend in Vegas with the boys,' but that stuff's been done," explains Buzz Bishop, a former morning host at 90.3 AMP Radio who now works with XL 103. "This is the place that really hasn't been done a lot — the personal side of things."

AMP seemed to ignite debate over radio-contest boundaries in July with a contest offering up breast augmentation as its grand

prize. That was followed by a mail-order-bride contest in Edmonton that drew international scrutiny and CJAY 92's most recent offering, titled Upgrade Your Spouse.

Chad Martin, operations manager for CJAY's owner, Astral, said the contest doesn't fall into the same category as its predecessors because entrants are free to select their own prize. But the station has listed some suggestions of its own on their website — everything from Botox treatments and sex-drive enhancements to cooking classes.

"I think any time you have an overcrowded radio market, sure, radio stations want to do things to grab

listeners but that goes beyond edgy promotion," Martin said. "You still have to have great music, strong personalities and a strong brand."

David Finch, assistant professor or marketing at Mount Royal University's Bissett School of Business, deemed the contests an extension of increasingly provocative reality-television content.

"When you talk about stations that are going this route, they are trying to find that fine balance between edginess, cutthroat and building awareness for their station, but not doing so in a manner that would alienate their core listeners," he said.

"You still have to have great music, strong personalities and a strong brand."

CHAD MARTIN, OPERATIONS MANAGER FOR ASTRAL,
ON RADIO STATIONS PUSHING THE BOUNDARIES

Contests can cause strain on couples

Participating in radio contests where relationships and physical enhancements are the focus could create tension for some couples, warns a Calgary counsellor.

Brenda Duncan said an offering like CJAY 92's Upgrade Your Spouse has the potential to stir up self-conscious issues felt by a spouse.

"My first thought was 'What do you mean? Buy a new model?'" she said after learning of the contest. "I would be concerned with how serious people take it."

Duncan did specify that open dialogue on how to improve a relationship is always healthy, but she wasn't sure broadcasting it on public radio was necessary.

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Polar opposites?

► Which animal should be Canada's proud national symbol? The beaver or the polar bear?

► Metro Ottawa managing editor Sean McKibbin and Metro Winnipeg managing editor Elisha Dacey discuss the pros and cons

TEAM POLAR BEAR

ELISHA DACEY
METRO WINNIPEG



TEAM BEAVER

SEAN MCKIBBIN
METRO OTTAWA



PHOTO ILLUSTRATION/DAVID VAN DYKE/METRO

Sean: Polar bears are too intimidating to be Canada's national symbol.

Elisha: There's nothing wrong with Canada's new symbol being a little more intimidating than the beaver. We can't be a nation of apologetic fur-trappers with big teeth forever, plodding along like a wet oversized rat.

Sean: The beaver is the entrepreneur and engineer of the animal kingdom.

Hardworking, industrious and clever, the beaver launched not one but two national retailers, HBC and the Northern Store. It taught humans about the lumber industry, the fur trade and how to build hydroelectric dams.

Who would you rather have as a role model for

kids? A Coca-Cola-swilling albino bully who gets his kicks killing cute baby seals and making Sir Paul McCartney cry before heading down to the Churchill dump to scavenge for parts for his Trans Am, or an industrial tycoon? It's Trailer Park Boys vs. Dragons' Den here, and the beaver-capitalist is coming out on top.

Elisha: We need a symbol that shows our strength and our pride, and that matches the majesty of our beautiful country. Not one that shows off our flabby belly.

The polar bear is a fuzzy-pawed survivalist. Able to live through the harshest of conditions; the polar bear is so hardcore that it can take on a beluga whale. There's no cosy-

The question that sent you all a-Twitter



Which is better? The polar bear or the beaver?

- @flangel_a_lyne: I'm #TeamBeaver! What would Canada be without the famous #Beavertails? Do we want our symbol to be a bar shot? #polarbear
- @destinfall: I'm Team Beaver.
- @OliviaJonesQMFM: Polar bear!
- @ImperialUedi: Team Polar Bear!
- @ilockitdown: I wish there was a #TeamMoose
- @DayaCounselling: Team Beaver! They're on our 5 cent coins. Plus they cut down trees with their teeth! That's just awesome! ^NS
- @Myles_Burke: Polar Bear. I don't think that we need to purvey ourselves so passively (as beavers) all the time.
- @Wanitalund: I'm neither, I want a Moose

ing up in a den to sleep through the winter like most bears. They tough it out. They survive in the open tundra. They're at the top of the food chain.

And they're good-looking, to boot. It's an image Coca-Cola is smart enough to cultivate.

Being clever and industrious is fine for sidekicks.

Being majestic, fearless and quietly strong is better for leaders.

Sean: I'll take an animal who builds a safe, sturdy house for his family and sticks around to raise his young over one that leaves a trail of single bear mothers who are forced to burrow into a snow bank to find a place to hibernate with their kids.

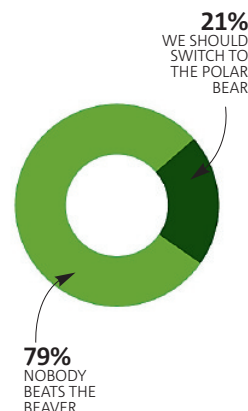
Beavers are dam fine animals.

Elisha: Like I said, polar bears are survivors. They can make a home out of anything, even a snowbank, and mama is fierce enough to raise her cubs on her own.

And I'm pretty sure they wouldn't mind munching on a tasty beaver — spitting their pelts out as they go.

What you say

In a clash of nationally symbolic titans, which corner are you in?



He's back from the brink of death

As Minhaj Gedi Farah lay silently on a hospital bed three months ago, even his mother had given up hope that the skeletal Somali baby would live.

But now, after intensive feeding, Minhaj has been transformed into a chubby-cheeked boy.

His amazing recovery was highlighted yesterday at a New York fundraising event held by the aid group International Rescue Committee, which helped nurse him back to health.



► Last July, then seven-month-old Minhaj Gedi Farah weighed a pitiful 3.2 kilograms.

Famine has killed tens of thousands of Somali children this year. But the United Nations says food aid is now getting to 2.2

million of the four million Somalis who need it.

"His mother never thought he would recover. Every member of his fami-

ly is happy," said Sirat Amin, a nurse-nutritionist with the International Rescue Committee. "He can sit without being supported. ... He's crawling."

Last July, seven-month-old Minhaj weighed only 3.2 kilograms, less than some newborns. Pictures of his gaunt cheeks and bulging eyes made him the face of the famine.

Now he's nearly eight kilograms, almost normal for a boy his age.

THE ASSOCIATED PRESS



► Just look at him now: Little Minhaj is held by his mom, Asiah Dagane, at a hospital in Kenya.

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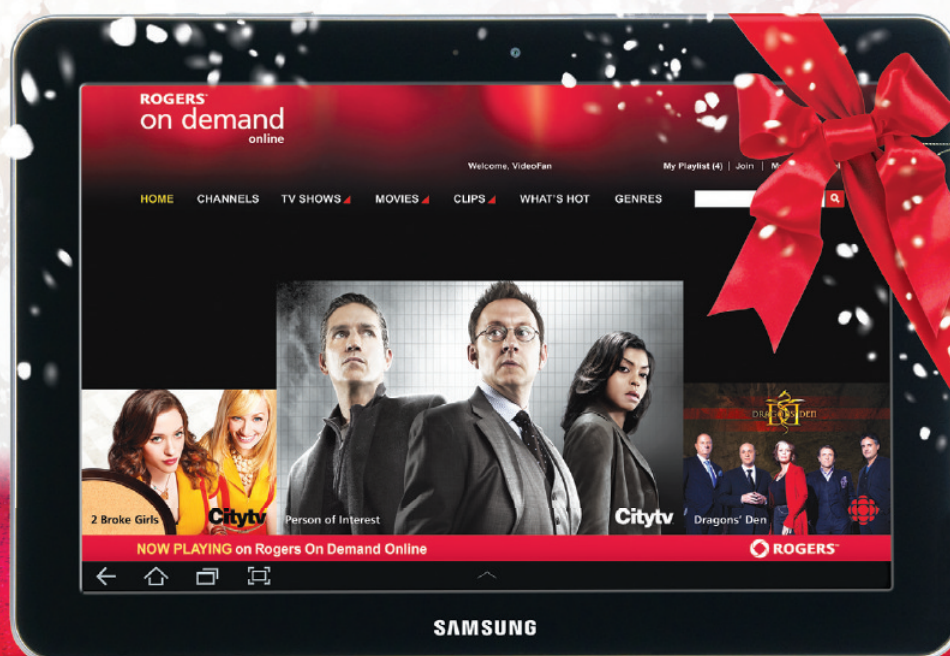
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U.S. lawyer sentenced over plot to kill wife

► Steele, who represented white hate group in 2000 trial, to serve 50 years in federal prison for hiring man to murder wife, mother-in-law

An Idaho attorney who once represented the white-supremacist Aryan Nations group was sentenced yesterday to 50 years in federal prison in the failed plot to kill his wife and mother-in-law.

Edgar J. Steele wanted the women dead so he could collect on an uninsured-motorist insurance policy and be free to pursue a relationship with a woman from the Ukraine, prosecutors said.

He paid \$10,000 in silver to another Idaho man who agreed to kill the women, authorities said.

The would-be hit man,

"Through his conduct, including his attempts to influence a witness, Mr. Steele earned every month in prison to which the district court sentenced him."

U.S. ATTORNEY WENDY OLSON

Larry Fairfax, testified during Steele's trial that he accepted the silver because he was desperate for money, but never intended to carry out the plan.

Steele, 66, was convicted in May. He was sentenced by U.S. District Court Judge B. Lynn Winmill.

Steele, who represented Aryan Nations and founder Richard Butler during the 2000 trial that

bankrupted the hate group, has always denied trying to kill his wife, and Cyndi Steele continues to support him. He told the court yesterday he was the victim of a government conspiracy because of his political views. He demanded that the judge release him immediately.

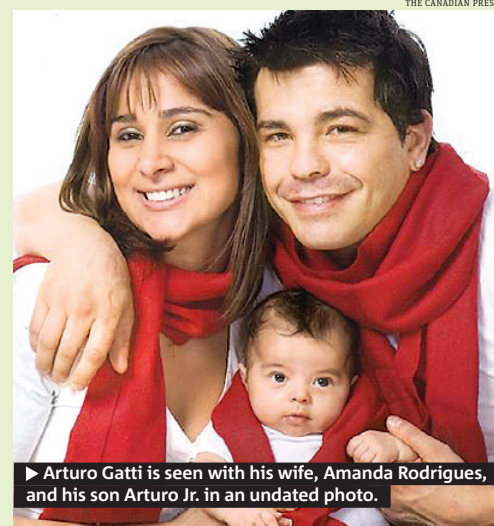
"There is no justice today in America for the politically incorrect," Steele

told Winmill. "I am a political prisoner."

Fairfax, 50, confessed to attaching a pipe bomb to Cyndi Steele's vehicle, but said he rigged it so it wouldn't go off. It was discovered when she stopped for an oil change shortly after her husband's arrest. An explosives expert said it could have detonated.

Fairfax, who worked for Steele and his wife at their ranch for years, went to the FBI and agreed to carry a hidden recording device to capture conversations about the plot between the two men at Steele's home.

THE ASSOCIATED PRESS



► Arturo Gatti is seen with his wife, Amanda Rodrigues, and his son Arturo Jr. in an undated photo.

NO EVIDENCE OF MURDER IN BOXER'S DEATH: REPORT

A Quebec coroner's report into the 2009 death of champion boxer Arturo Gatti says there's no hard evidence anyone killed him.

Gatti, a Canadian boxer nicknamed "Thunder" who rose to fame in the U.S., died at a Brazilian resort in 2009.

The long-awaited report by Jean Brochu was released yesterday and was critical of the original police investigation, noting shortcomings in the U.S. findings.

Brochu's conclusion was that Gatti died a "violent death," but foul play is not believed to be the cause of death. The probable cause of death was listed as asphyxiation by neck constriction.

"Much of the debate surrounding the circumstances of the death re-

olved around the question of whether a third party was involved in Arturo Gatti's death," Brochu wrote.

"The conclusion of the Montreal pathologists to the effect that there is no clear evidence of foul play in Mr. Gatti's death means I cannot dismiss the formal conclusions reached by the authorities of the country where it occurred."

An investigation by Brazilian authorities had ruled the death a suicide. A private investigation ordered by one of his handlers later ruled Gatti's death was a homicide.

Brochu's report says the mishandling of forensic evidence makes it difficult to conclude with certainty what happened. THE CANADIAN PRESS

Demonstrators. Push back



► Thousands of students marched through central London Wednesday to protest cuts to public spending and a big increase in university tuition fees. Police said there were "a number of arrests for public-order offences," but the march was largely peaceful.

Protest erupts in London over spending cuts

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► This storm's fun! Children play in sea foam near the harbour in Nome, Alaska.

'This is not a normal storm'

► Western Alaska battered ► Residents fear sea surge

One of the most powerful storms to hit western Alaska in nearly 40 years battered coastal communities yesterday.

Hurricane-force winds forced residents to seek higher ground as the storm knocked out power and ripped up roofs.

As the storm churned the Bering Sea between Russia and Alaska, people braced for a possible surge of sea water into coastal communities.

"People out there are

Great gusts!

► The highest wind gusts recorded — 142 km/h — were at the western tip of the Seward Peninsula, said Bob Fischer, lead forecaster for the National Weather Service in Fairbanks.

used to extreme weather, but this is not a normal storm," said Jeremy Zidek, a spokesperson for the state's emergency manage-

ment agency.

"This is of a magnitude that can be a storm of record, extremely dangerous, and the state is treating it as such."

Water had reached homes in at least four native villages, including Tununak and Kipnuk, state emergency managers said.

Zidek said no injuries had been reported and damage was largely limited to blown-out windows and battered roofs.

THE ASSOCIATED PRESS

HYDROELECTRICITY

Court OK's Brazil's giant dam

A Brazilian court said yesterday that construction of one the world's largest hydroelectric dams can proceed without additional consultation with indigenous communities.

Federal prosecutors had filed a motion calling for suspension of construction of the Belo

Monte dam in the state of Para until indigenous groups are consulted. But in a 2-1 vote, the court upheld the decree issued by Para state authorizing construction.

The federal prosecutors' office in Para said in a statement it will go to the Supreme Court to appeal the ruling.

"All the studies made arrive at the same conclusion: the dam will provoke drastic changes in the food chain and livelihood of the indigenous communities," the statement said.

THE ASSOCIATED PRESS

11/11/11 is their day

A set of twins from Wisconsin have high hopes for Friday: They will be celebrating their 11th birthday on the 11th day of the 11th month of 2011.

Betsy and Katie Overman are making plans: Maybe they'll go to school and stay for just 11 minutes.

Reports say an aunt has already given them 11 bags, each containing 11 little presents.

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Be prepared for massive quake

- ▶ Top geophysicist says training will reduce fatalities
- ▶ Improved earthquake-hazard maps provide protection

Canada could expect a major earthquake at any time and a top geophysicist says it should prepare itself if it is to avoid the kind of disasters that befell Japan, Italy and China in recent years.

John Cassidy, head of earthquake seismology at the Geological Survey of Canada, says large earthquakes have hit parts of Canada numerous times — and will again.

"Certainly we could expect an earthquake at any time and should be prepared for a large earthquake at any time in Canada," Cassidy said in an interview prior to delivering a lecture at Carleton

Vulnerable

▶ He says the most vulnerable region is the West Coast, which has been hit with giant, magnitude-9.0 quakes 13 times in the last 6,000 years, the last of them 311 years ago.

▶ B.C. is in the window in which a massive earthquake is more likely to occur, he says, but he acknowledges that window spans 200 to 850 years.

University. "We've seen many over the years, going back in time."

Predicting earthquakes with any degree of consistency, Cassidy says, re-

mains next to impossible.

"Unfortunately, we cannot predict earthquakes, either here or anywhere," he said. "There's no consistent, successful way to predict exactly when earthquakes will occur and how large (they will be)."

The only thing people can do is be prepared, he says.

Canada is identifying vulnerable areas, estimating potential magnitude, frequency and type of quakes. Using that information, planners can draft appropriate building codes and construct quake-resistant infrastructure to minimize the damage.

THE CANADIAN PRESS

Castro niece in tweet spat

Raul Castro's daughter and an anti-government Cuban blogger have engaged in a prickly back-and-forth on Twitter, which has a small but growing presence on the island despite scarce Internet connectivity.

Mariela Castro's debut on the social media service began smoothly enough when she sent her first tweets Tuesday

talking about a visit to the Netherlands and her work as the country's leading gay rights activist.

Then dissident blogger Yoani Sanchez fired the first salvo.

"They tell me Mariela Castro opened a Twitter account," Sanchez wrote. "A question for her, 'When will we Cubans be able to come out of other closets?'"

Two more tweets directed at the first daughter quickly followed: Welcome to the plurality of Twitter ... here nobody can shut me up,

deny me permission to travel or impede entrance," and "How can one ask for acceptance only in one area? Is tolerance total or not?"

Castro, who is the head of the National Sex Education Center, shot back at Sanchez by name, saying, "Your approach to tolerance reproduces the old mechanisms of power. To improve your 'services' you should study."

Later, she grumbled about "despicable parasites" criticizing her on Twitter.

THE ASSOCIATED PRESS

Occupy. Protests



▶ Mathieu Martin struggles with a sheet of plywood as he moves his tent to a new location at the Occupy Montreal protest in the financial district Wednesday. The city is now forbidding the construction of any wooden structure.

PAUL CHIASSON/THE CANADIAN PRESS

Officials say it is time to move on

Toronto Mayor Rob Ford Wednesday said residents and businesses have "had enough" of Occupy Toronto protesters and it's time to ask them to leave. Officials in Vancouver, Victoria and Calgary have also made plans to start removing camps while Regina's protesters have been asked to leave voluntarily. In Edmonton, campers on land owned by a private company have been asked to leave and the mayor has talked about cutting off their power. Halifax campers cleared out on their own.

Older Canadians embracing social media

Older Canadians are increasingly following their younger counterparts into the world of social media, a

new poll suggests.

The Harris-Decima survey conducted for The Canadian Press indicates that 68

per cent of those asked used social media in 2011, up from 57 per cent two years ago. THE CANADIAN PRESS

Jailed blogger's mom goes on hunger strike

HASSER HASSER/THE ASSOCIATED PRESS

The mother of a prominent blogger jailed by Egypt's ruling generals has gone on a hunger strike to protest her son's detention and the military's increasingly heavy-handed approach against critics.

The strike by Alaa Abdel-Fattah's 55-year-old mother could turn into a major embarrassment for Egypt's military three weeks ahead of landmark parliamentary elections, the first since the uprising that toppled long-time leader Hosni Mubarak nine months ago.

Military prosecutors ordered Abdel-Fattah, 29, detained for 15 days on Oct. 30 after he refused to answer questions over his alleged role in sectarian clashes three weeks earlier that killed 27 people, mostly Christians. His detention is widely viewed as an escalation in the military's drive to discredit activists who played a key role in the revolt.

Abdel-Fattah, who comes from a family of activists, is an icon of the 18-day uprising that ended Mubarak's



▶ Professor of mathematics Leila Soueif, mother of Alaa Abdel Fattah, is seen in her office at Cairo University in Cairo in this 2006 file photo.

29-year regime, and has been critical of the generals as well as Field Marshal Hussein Tantawi, the nation's military ruler. Abdel-Fattah's wife, Manal Hassan, is expecting the couple's first child, a baby boy, later this month.

A pair of blog entries written by Abdel-Fattah smuggled out of jail and posted online by his wife paint a picture of a man who refuses to be lionized for standing up to the military. In the posts, he expresses disgust for the

conditions at the prison, complains of boredom and remains unwavering in his loyalty to the goals of the uprising.

In an entry dated Monday, he joined calls for a massive demonstration on Nov. 18 to protest the military's attempts to introduce clauses in a new constitution that would shield it from civilian oversight and give the armed forces a "guardianship role," language that suggests having the final word on national policies. THE ASSOCIATED PRESS

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What do you WISH for?



Earthquake rocks eastern Turkey

► **Journalists trapped inside collapsed hotel send text messages to colleagues asking to be rescued**

An earthquake struck eastern Turkey Wednesday, killing at least three people and leaving dozens trapped in the rubble of toppled buildings damaged in a previous temblor, which had killed 600 people.

About two-dozen buildings collapsed in the provincial capital of Van following a 5.7-magnitude quake, though most of them were empty or had been declared unfit because they were weakened by the earlier quake.

In a grim replay of scenes from last month's quake in the same region, men climbed onto piles of debris and frantically clawed at twisted steel and

Tents dispatched

- The Turkish Red Crescent immediately dispatched 15,000 tents and some 300 rescue workers.
- About 1,400 aftershocks have rocked the region since the massive earthquake on Oct. 23, which killed 600 and left thousands homeless.

crumbled concrete in an attempt to find survivors.

Voices could be heard calling for help from under the debris. A small fire broke out at a hospital but all patients were safely evacuated.

Turkish Foreign Minister

Ahmet Davutoglu was in Van to visit survivors of the previous quake on the last day of the Muslim holiday of Eid al-Adha. He said 15 people were rescued alive and transported to hospitals by air ambulance.

Davutoglu said rescue teams were searching for survivors under the wreckage of three buildings, and that 22 of the 25 buildings that collapsed in Van were empty.

One of the buildings that collapsed was the Bayram Hotel, Van's best-known hotel. Some of the guests were journalists who were covering the aftermath of the quake on Oct. 23.

THE ASSOCIATED PRESS

Syrian. Infighting



► Syrian protesters prevent Abdul-Aziz al-Khair, a member of the Syrian National Co-ordination Committee, centre, and other opposition leaders from entering the Arab League headquarters where they were to hold talks with the organization's chief on violence in Syria, in Cairo, Egypt, Wednesday.

AMR NABIL/THE ASSOCIATED PRESS

Opposition cracks up

Syrian protesters pelted a group of rival opposition leaders with eggs yesterday outside Arab League headquarters in Cairo, accusing them of playing along with President Bashar al-Assad's government instead of working to overthrow the regime. The attack highlights the growing fault lines in the Syrian opposition, which is struggling to overcome infighting in the face of a brutal government crackdown.

Illusionist fined for copying rival's trick

A magician has been fined 12,205 euros (\$16,725) by a Dutch court for putting a rival's trick up his sleeve and trying to pass it off as his own.

Hans Klok was sued for copyright infringement over a routine in which he fights with a stubborn butler, first apparently reaching through his body to grab a glass of water off a tray, then smacking off his head momentarily.

Magician Rafael van Herck, Klok's former sidekick, said he developed the bit and took the case to court.

Klok argued the tricks are no secret in Las Vegas — one was even used by Siegfried & Roy. But the court ruled Van Herck's combination is unique. Klok said he will reshuffle his act. THE ASSOCIATED PRESS

Yiddish letters provide peek into past

In her quest to find her roots, Toronto resident Debbie Rose found a trove of hundred-year-old Yiddish letters that hold secrets of some radical Jewish anarchists.

The mass of correspondence not only provides a genealogical goldmine for Rose, but also an invaluable glimpse into Jewish history and the anarchist movement in the early 20th century, she said.

"Even in the tenth I've

had translated so far, the information is phenomenal," Rose said.

It turns out her great-great-uncle Leon Malméd had an illicit love affair with famous anarchist Emma Goldman.

Her goal is to create a database of the information from the letters sent to him. Many Jewish people were lost in Europe, she said, and the tidbits from the letters help people remember.



► Debbie Rose has found boxes of 100-year-old Yiddish letters that hold secrets of some radical Jewish political figures from the early 1900s.

"Every time I find a name and a connection, I'm bringing somebody back to life," Rose said.

But with dwindling numbers of people who can read Yiddish — let alone some of the writers' handwriting — Rose fears the secrets could remain a mystery unless she can get them translated soon.

"Every letter answers some questions and raises some new ones," she said.

Scrawled on yellowed,

slightly frayed paper, the more than a 1,000 letters are in remarkably good shape after years of casual storage in shoeboxes. (Rose now keeps them in archive-standard plastic.)

Rose's cousin in Albany, N.Y. sent her the letters after they found each other online. She found a ship log that linked her family, immigrants from Eastern Europe, to her cousin, Malméd's grandson.

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Lasting impact

► **Education.** Canadians have built a total of 26 schools, another 27 are under construction. Prior to 2001, only 700,000 students, all of them boys, were attending school. Today, more than 2.2 million girls, over a third of all students, are in school.

► **Dahla Dam.** Over 2,012 jobs have been created in the rehabilitation of the dam. Once completed, 80 per cent of Kandaharis who live along the system will have access to a

secure water supply to stimulate agricultural production.

► **Polio-eradication initiative.** Canada is the single largest donor to polio eradication. Over 7.8 million Afghan children continue to be vaccinated against polio, including approximately 400,000 in Kandahar province.

► **Route Hyena.** This signature project was built to give residents of western Panjwahi greater freedom of movement, and improve their access to schools, markets and local government.

How will we be Remembered?

► Metro takes a look at Canada's legacy in Afghanistan ► Decade in war-torn country cost 162 Canadian lives – 158 military personnel and four civilians

NO MISTAKE

TERRY GLAVIN
FOR METRO



That Canadian soldiers were able to hold Kandahar is key to the reconstruction of Afghanistan. And it's too bad that not enough Canadians know that.

Years down the road, there will be all sorts of clever people who will be happy to tell us that our soldiers should never have been sent to Afghanistan. That's why it will always be handy to remember what it took a British House of Commons defence committee to point out, back in 2007:

"If Kandahar fell, and it was a reasonably close run last year, it did not matter how well the Dutch did in Uruzgan or how well the British did in Helmand. Their two

provinces would also, as night followed day, have failed, because we would have lost the consent of the Pashtun people because of the totemic importance of Kandahar."

Who are the trainers?
I have a team of about 500 coalition personnel from about 10 different nations working with me. Our role is to advise Afghanistan's premier training centre where

they train up to 60,000 officers each year. That's almost the size of the entire Canadian Forces. Our aim is for this training centre to sustain the Afghan National Army ... after we're gone.

When will that happen?
The transition will start as early as next year. That's the key to sustaining the Afghan National Army as we move

TRAINING MISSION

'WE DID AN OUTSTANDING JOB ... THINGS ARE BETTER IN KANDAHAR'

Canadian Forces Col. Mike Minor is the NATO commander in charge of the Advisory Group to the Kabul Military Training Centre (the largest Afghan army training facility).

forward. We're essentially training trainers so they can effectively train soldiers themselves.

What will be Canada's legacy in Afghanistan?
Certainly our operations in the south fighting the counter-insurgency were pivotal here. But around Kabul now, I've had many nations come up to me and say "clearly Canada has it right."

soldiers is still having a hard time matching Canada's accomplishment. And even now, sneers disfigure the faces of our country's clever "troops-out pundits" whenever they're reminded that millions of girls would have never gone to school had it not been for the gallant sacrifices of Canadian

soldiers were watching their backs. Most Canadians still don't seem to have a clue.

.....
Terry Glavin is the author of the newly published book *Come From The Shadows: The Long And Lonely Struggle for Peace In Afghanistan*. He has visited that country four times since 2008.



► Col. Mike Minor, right, is saluted by an Afghan.

We went into the fight, we did an outstanding job and things are better in Kandahar. Now is the

time for transition ... so the Afghans can do it themselves.

● HEATHER BUCHAN

soldiers and their families.

Had Kandahar fallen, Afghanistan would have been lost to the Taliban, and you don't want to think about what would have come next.

In the years to come, millions of Afghans will fondly recall that in their darkest hour, Canadian



► Members of the Canadian Engineer Regiment look towards a nearby treeline after a day of operations against the Taliban on June 13, 2006, in the Panjwaii district southwest of Kandahar.

JOHN MOORE/GETTY IMAGES

Afghan women more visible in public life

LAURYN OATES
FOR METRO

When Afghan women and girls found in December 2001 that they were no longer under state-imposed house arrest, they peered out at a country in ruins.

Taliban rule, following the three decades of war, kept women and girls shut out of schools for five years.

Since those first post-Taliban days, striking change has swept over Afghanistan. Canadian investments in education and rebuilding programs have helped hurry along the drive for learning and training opportunities.

Women have been accessing micro-credit programs like the Micro-finance Investment Support Facility for Afghanistan (MISEFA), supported by the Canadian International

30%
Today, about 30 per cent of civil servants in Afghanistan are women.

Development Agency. The charity Canadian Women for Women in Afghanistan has been training teachers, running adult-literacy classes and opening village libraries.

The Afghan Canadian Community Centre in Kandahar trains female students in business, computers and English, helping land them lucrative jobs immediately after graduation. The Mennonite Economic Development Associates, headquartered in Toronto, supported 3,000

women farmers in Parwan province with training and access to inputs that helped them improve their crop yields and raise household incomes.

Afghan women still face daunting challenges, including the world's highest maternal mortality rate, rampant domestic violence, underage marriage (the average female marriage age is believed to be only 15). The Taliban regularly attack girls' schools, threaten women working in the government and operate "shadow governments" in districts where they have greater control than the government, doling out punishments for "moral crimes" like premarital sex.

Lauryn Oates is the projects director of Canadian Women for Women in Afghanistan.

WE ASKED: HOW WILL YOU REMEMBER CANADA?

Lotfullah Najafizada, 24
Journalist at Tolo TV, Kabul

"Canada has made a huge sacrifice in Afghanistan in the last decade. It has helped the Afghan people during a very tough time. We would remember Canada's support and assistance not for 10 or 20 years, but for many, many decades. Canada has a reputation as an honest and supportive friend in Afghanistan."



Bibi Zhilla Jawid, 23
Senior finance assistant, UNICEF Kandahar Office

"Our family returned to Kandahar from Pakistan in 2003. We were poor, so I needed to work ... The only way I could study was at night school, but there were no female students. I will never forget the day in 2007 when I got the chance to enrol in a school supported by Canada, the Afghan Canadian Community Centre in Kandahar. I took English classes there and the people were kind. I then graduated, with 11 other girls, in business management, and that is the greatest gift that Canada could give me. I was given my certificate in front of everyone. For this, we'll remember Canada in our hearts."



Dr. Mohammad Shafiq Faqeerzai, 35
Surgeon at Aliabad Teaching Hospital, Kabul

"The people of Afghanistan really appreciate the efforts of Canadians towards the rehabilitation of our country. Despite having thousands of Canadian Forces in addition to the other international forces, our security is getting worse. Poppy cultivation and trafficking is still happening. The people do not feel safe even in the capital. Nevertheless the people of Afghanistan will remember the Canadians, especially as they continue to build the capacity of the Afghan National Army, and especially if they help build this country into something sustainable."



Homa Sorouri, 32
Human resources development director, Kabul

"Canada was one of the first countries who left Afghans mid-conflict, in 2011. Canada reminds me of Kandahar because of their overall focus on rebuilding Kandahar. As a Kabul resident, of course I cannot comment on how they have done the job, but I know that Canadians were big advocates of women's rights. In all the projects they funded they were concerned with gender issues. Canadians seem to be friendly people."



On Twitter



We also asked Twitter users to tell us how they thought Canadians would be remembered for their role in Afghanistan.

Here's what they had to say:

- **@RickCarroll:** @themetrolondon As hard working, dedicated heroes.
- **@taboada93:** @metrotoronto I think they'll be remembered for taking the time out of their lives to go and help those in need. You can't get any more pride!
- **@AutisticTomato:** @metrohalifax Afghans will remember Canadians as solid hash

smokers and friendly people.

- **@bnes211:** @themetrolondon As the ones they hate less than Americans.
- **@SkyMcLaughlin:** @metroedmonton My friends there tell me our legacy is our genuine intention to help, but sadly 10 yrs later not much has changed.
- **@TashKasves:** war is never looked back on positively.



For more Remembrance Day coverage, visit metronews.ca

From rag trade to fair trade

► Can an entrepreneur make a difference to a developing nation and still run a business? ► We asked three up-and-coming doers about their strategies ► “It’s OK to enjoy luxury goods but also to care about the world”

The fair trade fashionista



SAFIA MINNEY
PEOPLE TREE

Launched 20 years ago in Japan — and 10 years ago in the U.K. — People Tree works with 2,000 farmers and artisans in 15 developing countries. It supports organic farming, traditional skills and technologies, rural development and fair prices. Lovers of the label include actress Emma Watson and designer Vivienne Westwood.

Why she started the business

“I’ve always been passionate about human rights and environmental issues. We focus on grassroots designs, and help producers with design and market access, which can triple their earnings.”

What she hopes to achieve
“Buying Fair Trade is an easy way to help others.

Consumers are helping our cause simply by buying our products. It’s selfish to buy a T-shirt that has been traded in a way that doesn’t cover real cost. Most of us have bulging closets, so if you’re going to buy something new, buy it fair trade, organic or vintage.”

How she defends making a profit

“When you’re raising money for people with little access to finance, you’re effectively running an ethical bank. Our policy is to give our suppliers 50 per cent advance payments, something which is very unusual in a trade where everything is about last-minute payments, cheap options and turnaround.”



To learn more, go to peopletree.co.uk.

The visionary



SHAUN PATERSON
SHAUNS SHADES

When Shaun Paterson launched his eyewear company Shaun Shades, he had in mind the 285 million people around the world suffering from impaired vision. The company motto is “buy one, give one sight,” so that with each pair of sunglasses bought, a pair of prescription glasses is given to someone in need in a developing country.

Why he started the business

“I’m legally blind without my contact lenses so I understand the everyday challenges caused by poor vision. It causes people to drop out of school and negatively impacts their quality of life. So far we’ve donated 5,000 pairs of glasses.”

What he hopes to achieve
“Buying one pair of glasses

trades another pair into existence for someone in need. The patient goes to a clinic and a doctor will assess whether they need UV protection or correcting lenses. Eyewear is an enabler — if you can’t see, you can’t contribute to the economic development of your country.”

How he defends making a profit

“We considered going non-profit but if we can prove that being profitable is sustainable, then the inflow of capital and number of people attracted to this type of solution will only get higher. It’s OK to be a multifaceted person who enjoys luxury goods but also cares about the world.”



To learn more, go to shaunsshades.com.

The gem dandy



FLORENCE HILL FOR
MADE

London, England-based Made produces jewelry and leather goods in its Nairobi workshop in Kenya, and aims to provide employment and promote ethical trade. Contributing designers have included models Kate Moss and Alexa Chung. The company’s Florence Hill explains how it’s Made.



and a bank account. Fashion can be ethical.”

Why they started

“Nairobi locals are very skilled in making jewelry. It’s an incredibly important part of tribal life as skills and designs are passed on from generation to generation.”

What they hope to achieve

“Made provides all employees with a housing and travel allowance, a fair wage, an employment contract, a hot meal at the workshop every day

How they defend making a profit

“We’re pushing the fashion industry to question its ethical standards and encouraging the public to question the journey of their products.”



To learn more, go to made.uk.com.



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► Giorgio Dal Fiume

WHAT THE WFTO SAYS

We talked to Giorgio Dal Fiume of the World Fair Trade Organization

What do you make of companies building a profitable brand on Third World problems?

“We welcome all enterprises dealing with small producers as long as they respect WFTO standards. If they support small produc-

ers, then we’re happy and it’s healthy for them to make a profit. The only issue is differentiating between the claims and knowing who is respecting the fair trade standards and who isn’t.”

Should 100 per cent of profits be given to the people involved in the process?

“The WFTO doesn’t deal

with non-profit organizations but with entrepreneurs. We don’t look at where the profit goes as long as our standards are adhered to. Personally, I believe entrepreneurs should be free to reinvest profits as long as there is balance.”

Overall, do you see these businesses helping develop-

ing countries or as a cash grab?

“Entrepreneurs need profit and Western desires should be seen as an opportunity for developing countries. The problem is not the wishes or desires of the consumer. Trade is about satisfying these demands and it’s only normal to import what the

consumer wants to buy. They just need to handle their profits in a fair and sustainable way, promoting transparency and keeping prices fair. Nowadays, most entrepreneurs choose to be fair but in the past people used to try to squeeze and exploit producers for the lowest price and quality.”



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Southgate Mall (kiosk)
St. Albert Trail at 137 Ave.
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West Edmonton Mall (kiosk)
Westmount Centre
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NUCLEAR THREAT

Defiant Iran won't back down

With Iran angrily defiant about a U.N. report accusing it of developing nuclear weapons, Western powers and allies faced complicated questions Wednesday on how to further tighten pressure on the oil giant without shaking the fragile world economy.

The path toward possible new sanctions confronted a huge roadblock as Iranian ally Russia said it would oppose any new measures in the U.N. Security Council and rejected any military options as risking "grave consequences" to global security.

The sharp push back reflects the increasing difficulties for Western leaders to find ways to rattle Iran. So far, four rounds of U.N. sanctions have apparently failed to stop secret nuclear tests that brought Iran to the

brink of mastering the process for atomic weapons, according to a U.N. watchdog agency report released Tuesday.

Iran claims the evidence in the report is baseless and says its nuclear program is only for energy and research.

"There is lots of talk about how to slap new punishments on Iran," said Patrick Clawson, deputy director of the Washington Institute for Near East Policy. "Where it would hurt is oil. That, however, is a tough call with the world economy teetering."

Iran's oil exports are the Islamic Republic's most vulnerable spot as its key revenue source, but represent a possible no-go zone for sanctions.

"You'd want to impose the last big sanction on Iran to cut the revenue once and for all, but there would be detrimental consequences" by driving up oil prices and rattling world financial markets, said Jamie Webster, a senior analyst at the Washington-based consultants PFC Energy.

THE ASSOCIATED PRESS

U.K. dodges vote on Palestinians

Britain will abstain from the United Nations vote on the Palestinian bid for statehood, Foreign Secretary William Hague told parliament yesterday.

The Palestinians need at least nine "yes" votes and must avoid a veto. The U.S. has said it will veto the resolution.

When the 15 council

members, which comprise the admissions committee, met last Thursday, diplomats said China, Russia, Brazil, India, South Africa and Lebanon had announced their support for Palestinian membership. They said Nigeria and Gabon will likely vote "yes."

France, Britain and Colombia indicated they would abstain and the United States said it would oppose the Palestinian bid, diplomats said.

THE ASSOCIATED PRESS

Hindus sentenced to life

► Thirty-one convicted of killing Muslims by setting building on fire nine years ago ► Twenty women were among victims who were burned alive

AIIT SOLANKI/THE ASSOCIATED PRESS



► Convicted Hindus cry out inside a police van near Ahmadabad, India, yesterday as they're taken to prison.

A court sentenced 31 Hindus to life imprisonment yesterday for killing dozens of Muslims by setting a building on fire.

It happened during one of India's worst rounds of communal violence nine years ago.

Judge S.C. Srivastava acquitted 41 other Hindus of murder charges for lack of evidence.

Those convicted can appeal to a higher court.

Relations between Hindus and Muslims have been largely peaceful since the bloody partition of the subcontinent into India and Pakistan on independence from Britain in 1947.

But there are sporadic bouts of violence.

The worst recent violence erupted in 2002 in Gujarat state. More than 1,000 people, most of them Muslims, were killed by Hindu mobs after a train fire killed 60 Hindus returning from a pilgrimage. Muslims were blamed for the fire.

Rioters set a building on fire in a village in Mehsana district, about 40 kilometres north of Ahmadabad, the main city in Gujarat state. Thirty-three Muslims, including 20 women, who had taken shelter there were burned alive.

Two of the suspects died

14 Muslims account for about 14 per cent of India's population of 1.1 billion.

during the trial.

Wednesday's verdict was the first in nine cases of rioting and murder pending against hundreds of Hindu hard-liners.

With the Supreme Court ordering a speedy trial of the suspects, the courts are expected to issue verdicts in the other eight cases within a year. Indian courts are notorious for long delays.

The Gujarat state government, run by the Hindu nationalist Bharatiya

Janata Party, was accused of looking the other way when Hindu hard-liners attacked the Muslim community after the train fire.

Cedric Prakash, a rights activist, said the verdict showed that the wheels of justice were moving in the right direction.

"The conviction of such a large number of suspects in a communal violence incident in the country is unprecedented. Other cases now need to be expedited and the guilty, irrespective of the office they hold, should be convicted as soon as possible," Prakash told reporters.

THE ASSOCIATED PRESS

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Expansion Project to relocate a group of 19 endangered black rhinos out of Eastern Cape province.

The animals are moved 1,500 kilometres north to Limpopo province to be placed out of range of poachers.

● METRO WORLD NEWS

► Experts say this method of transport is less stressful than being flown in a big net or being driven over bad roads.

MICHAEL RAIMONDO/GREEN RENAISSANCE/WWF



"It was under heavy anesthetic so the animal didn't sway while in the air."

MICHAEL RAIMONDO, PHOTOGRAPHER WHO FILMED "FLYING RHINO," TOLD METRO

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Space probe could spill toxic fuel on Earth

RUSSIAN ROSCOSMOS SPACE AGENCY HANDOUT/THE ASSOCIATED PRESS

A Russian space probe became stuck in orbit yesterday after an equipment failure, raising fears it could come crashing down and spill tons of highly toxic fuel on Earth unless engineers can steer it back to its flight path.

The spacecraft was headed for one of Mars' two moons when it developed technical problems.

U.S. space and Defence Department officials are tracking it. Officials at NASA in Washington figure it will be at least a week, maybe more, before the errant space probe falls back to Earth, if it



► In this Nov. 2 photo Russian space engineers work to prepare the unmanned Phobos-Grunt probe at the Baikonur Cosmodrome, Kazakhstan.

does. The Russians are trying to get it back on course.

NASA chief debris scien-

tist Nicholas Johnson says the spacecraft's orbit is already starting to degrade slightly. **THE ASSOCIATED PRESS**



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News in brief



Buyer to name huge diamond

GENEVA. A rare yellow pear-shaped diamond is expected to fetch between \$11 million and \$15 million at auction next week, and the buyer will have the chance

to name it, auction house Sotheby's said yesterday.

The so-called Sun-Drop Diamond is the largest known diamond of its kind, at 110.3 carats.

THE ASSOCIATED PRESS





Jackson items for sale

LOS ANGELES. The contents of the home where Michael Jackson lived from December 2008 until his death — including the queen-size bed where he took his last breath — are to be sold at auction in December. The home is up for sale separately.

The house and its furnishings were leased to Jackson while he and his family lived there.

THE ASSOCIATED PRESS

Market moment

TSX	Dollar	Oil	Natural gas
			
- 332.64 (12,156.22)	- 1.31¢ (97.88¢ US)	- \$1.06 US (95.74 US)	\$3.652 (- 9.3¢)
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Greek drama intensifies

- Talks on coalition break down
- Papandreou calls for unity

Greece's laborious power-sharing talks disintegrated into chaos yesterday, with political leaders failing to name a new prime minister who will take over from George Papandreou and head an interim government, despite three days of negotiations.

The latest setback in more than a week of political turmoil came less than an hour after Papandreou made a televised address to the nation saying Greece's political parties were joining together to save the debt-ridden country from rapidly approach-

ing bankruptcy.

But less than an hour later, Giorgos Karatzaferis, the head of a small right-wing party, stormed out of political leader talks being chaired by the country's president, Karolos Papoulias. The president's office scheduled another meeting for this morning — and a deal seemed as far away as ever.

Karatzaferis told journalists outside the presidential mansion that the other two political leaders had used "trickery" — but he provided no details.

THE ASSOCIATED PRESS



► Greek Prime Minister George Papandreou waves as he arrives at the presidential palace in Athens yesterday for a meeting with Greek President Karolos Papoulias.

Unclear who will lead country now

There has been intense speculation as to who will take over from Papandreou. Former Euro-

pean Central Bank vice-president Lucas Papademos had been widely tipped as the strongest candidate for

interim prime minister. But by yesterday another strong candidate had emerged — current Parlia-

ment speaker and former justice and public order minister Philippos Petalnikos. THE ASSOCIATED PRESS

Indigo: Sale gives Kobo needed kick

The head of Indigo, Canada's biggest book retailer, says selling its stake in the Kobo e-reader to a Japanese electronic commerce company will put enough financial kick behind the device to help it compete with the tablets of major competitors Apple and Amazon.

Heather Reisman, CEO of Indigo Books & Music Inc., said yesterday that Tokyo-based Rakuten Inc. is an ideal fit to take on the 51 per cent ownership stake in Kobo.

She says the Japanese firm has the ability to invest the \$100 million to \$150 million that's needed over the next year to advance Kobo's technology and grow its customer base.

"We reached a point where we felt that the best thing for Kobo and Indigo ... (was) to make sure they're positioned for the biggest possible success," Reisman said in a phone interview.

"One big part of my decision to go ahead with the



sale at this moment was because I believed firmly that the best future for Kobo would

be with a partner of the scale of Rakuten."

THE CANADIAN PRESS

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Markets anxious over Italy

► Investors want Berlusconi gone ► PM has promised to resign soon



► Italian Prime Minister Silvio Berlusconi, left, with President Giorgio Napolitano.

With markets tumbling around the globe, Italy's president promised emphatically Wednesday that Silvio Berlusconi will step down soon as premier and lavished honours on a leading economist, who instantly became Berlusconi's presumed successor.

Across the Ionian Sea, the debt crisis in Greece deepened with the breakdown of talks aimed at creating a power-sharing government to prevent the country from slipping into bankruptcy. The collapse came just minutes after the prime minister delivered a farewell speech to the nation.

The chaos reverberated around the world, and in-

vestors pulled money out of Europe. The Dow Jones industrial average plunged more than three per cent, the euro slipped two per cent against the dollar, and Italy's key borrowing rate spiked at a dizzying high of 7.4 per cent.

Investors fear Italy might follow Portugal and Greece into begging for a bailout from its partners in the euro. But Italy's 1.9 trillion euro debt is far too great for Europe to cover.

On Tuesday, Berlusconi announced he would step down after Parliament passes a series of economic reforms to stave off financial ruin in Italy. But there was growing fear he doesn't have the will or the clout to

push the measures through. And some worry the wily premier will try to stay in power.

On Wednesday, with the markets in turmoil, Italian President Giorgio Napolitano in effect put Berlusconi on notice that he and the world's markets are expecting Berlusconi to keep his word and leave soon.

Parliamentary whips feverishly worked out a timetable to ensure that the Italian Senate would give final approval Friday to the package of measures, aimed at stimulating growth and reining in debt, according to state TV. It said the lower house would do the same on Saturday, meaning Berlusconi could

politicians as having the international respectability and economic know-how to guide the country through the financial storm. His new title appeared intended to move him into position to try to form a post-Berlusconi government.

THE ASSOCIATED PRESS

Not much new in 'lost' Jobs interview

A recently discovered video copy of a 1995 interview with Steve Jobs shows the Apple co-founder at a healthier time, not long before he rejoined and revitalized the company.

There doesn't appear to be much new in Steve Jobs: The Lost Interview, which is being shown at Landmark

theatres in 19 cities around the U.S. starting Nov. 16.

Ten minutes of the footage originally appeared in the 1995 PBS miniseries *Triumph of the Nerds*. The master tapes disappeared but an unedited VHS copy of the interview was recently found in *Triumph of the Nerds* director Paul Sen's garage.

In a copy viewed by The Associated Press on Tuesday, Jobs discusses topics such as how he got interested in computers as a child, his anger at being ousted from Apple in 1985, and his irritation with competitor Microsoft Corp. — subjects that have been covered elsewhere. THE ASSOCIATED PRESS

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be out before the weekend is over.

In a surprise move, Napolitano named Mario Monti, who runs the prestigious Bocconi University in Milan, as senator-for-life.

Monti was already being eagerly touted by market analysts, political commentators and some Italian

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Toronto, Oshawa lead housing price hikes

The New Housing Price Index rose 0.2 per cent in September, led by price hikes in Toronto and Oshawa.

Statistics Canada reports Winnipeg posted the largest monthly percentage increase, at 1.4 per cent, followed by Halifax (0.7).

The agency attributes Winnipeg's price increases primarily to higher material and labour costs as well as higher land values, while builders in Halifax cited higher material and labour costs.

THE CANADIAN PRESS



Catwalk. Manhattan

► Models walk the runway during the Versace for H&M fashion show in New York on Tuesday.

KATHY WILLENS/THE ASSOCIATED PRESS

Versace comes to H&M

Donatella Versace's collection for global retailer H&M debuted Tuesday night in Manhattan, with a metallic disco dress, a studded leather bomber jacket and an animal-print-meets-tropical-sunset tank dress for women; and a hot-pink suit, studded tuxedo-style shorts and a palm-tree, second-skirt T-shirt for men. In Canada, the Versace for H&M collection launches Nov. 19.

Glitch prompts Toyota recall

Toyota Motor Corp. said Wednesday it is recalling about 550,000 vehicles worldwide — mostly in the United States — for problems that could make it harder to steer.

Toyota has received a total of 79 reports about the defect dating back to 2007, said Corbett. There have been no reports of accidents or injuries related to the problems, he said.

Toyota's reputation has taken a hit over the last

two years due to a string of huge recalls that have ballooned to 14 million vehicles over that time, including millions recalled last year for acceleration problems.

The news comes a day after Toyota said its July-September profit slid 18.5 per cent to 80.4 billion yen (\$1 billion) on plunging sales caused by parts shortages from the tsunami disaster in northeastern Japan. THE ASSOCIATED PRESS

The problem

The latest recall is due to the possibility that the outer ring of the engine's crankshaft pulley may become misaligned with the inner ring.

► If the problem isn't corrected, the belt for the power-steering pump may become detached, making it suddenly more difficult to turn the steering wheel.

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HE SAYS ...

JOHN MAZEROLLE
METRO



as studying. It seems calm — midterms gone, a few weeks to term finals — but I remember this as the moment you had time to contemplate that you were doomed. At first there's new-year buzz: Students observe who's become hot and/or cool, learn the new consensus jean-waistline height, and decide when to wow their peers with the three guitar chords they've been practising.

Then midterm marks painfully remind you: Time to prepare for a long grind of studying or pack it in. Well, relax students: I humbly suggest you can do both. As a veteran of high school, university AND comedy college, I'm qualified to point out that every school skill you pick up can be performed after graduation by iPhones, spell-checkers and whoopee cushions.

You'll forget most of the "facts" you learn. But if you use class as a springboard for half-assedness, well, that's the type of skill a person will use for the rest of his or her life.

"Schools never let students fail the same grade twice. Technically, you could ignore your teachers from the first day of Grade 1 and be on your way to a 24-year vacation topped off with a diploma."

They'll cheat for a day," the old saying goes. "Teach them how to fib and they'll cheat forever." How To Study Without Really Trying:

- Find a good spot: The ideal area is a soundproof spot in your own room so you can lock your door and put a "DO NOT DISTURB" sign on it while you play Call of Duty: MW3.

- Break studying into segments so you don't get overwhelmed: For instance, if you plan to watch The Simpsons before you start your homework, you might

say: "OK, I just have to watch Bart wake up and realize he's joined the Junior Campers. Then it will be no time at all until Homer finds the Krusty Burger." In this way, even all-night Simpsons marathons won't seem too daunting.

- Study the hardest stuff first: This will give you the illusion that you're getting smarter as you go.

- Highlight everything: I don't know why it works, but all the smart kids highlight so often that their books increase in weight. You should follow suit, as a status thing.

- Get help from other people: Any experienced student knows the most effective way to learn new information is to grill smart people on the day of the test. Find a nerd in the morning, grab their arm and ask them questions in a tone of voice usually not heard outside of 911 calls.

- Above all, don't panic. Schools never let students fail the same grade twice. Technically, you could ignore your teachers from the first day of Grade 1 and be on your way to a 24-year vacation topped off with a diploma.

By the time you hit 30, you should really have those guitar chords nailed.

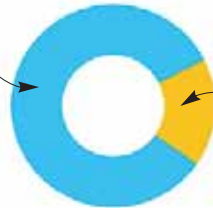
Read more of John Mazerolle's columns at metronews.ca/hesays



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Letters

VETERANS. RE: Homeless veterans in fight for their lives, published Nov. 8

As a Second World War veteran, 90 years old on March 10, 2012, this item caught my eye. It points out several salient bits of information. I too believe vets would benefit from having more Veterans Affairs outreach workers coming to them and explaining how to qualify for government support.

Vets simply do not know because the information is not out in the public.

A further concern is that while Second World War veterans may qualify for help if they have a disability related to their war experience, what happens if someone who got a one-time payout develops a service-related illness later in life?

Finally, Veterans Affairs Canada in their publication Salute publishes a column called "How to Reach Us." Somehow that should appear in most federal government offices.

And, regional offices should have funding for an individual and or individuals who are available for on-site meetings with veterans.

JOHN BEECHER
VANCOUVER



photo of the day



► This photo titled Children: Strength and Power, was submitted to the Happiness category by Daniel Benitez from Mexico.

Metro invites its readers to join the Metro Global Photo Challenge — running in 100 cities on four continents — to win fantastic prizes and worldwide recognition. Enter your digital photos at metrophotochallenge.com. The contest runs until Nov. 22. As well as a chance to win a trip to any city Metro publishes, one submission will also be featured here daily.

WEIRD NEWS

Occupy Denver has more bark than bite

Occupy Denver has elected the most unlikely of leaders: A dog.

The three-year-old border collie named Shelby was elected in response to what the protesters said was Denver Mayor Michael Hancock's "insistence" the movement elect a leader.

"Shelby is closer to a person than any corporation: She can bleed, she can breed, and she can show emotion. Either Shelby is a person, or corporations aren't people," Occupy Denver's



► Shelby will have a translator for "all legal and police matters."

website stated.

Shelby will be introduced to the mayor and Colorado's governor and she will be leading Saturday's Occupy Denver march "against Corporate Personhood," the site said.

She "invites all other civic-minded dogs (and their leash-holders) to join" the march, the protesters say.

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Synopsis

The Christmas movie season promises a little something for everyone. There's family movies like *The Muppets*, Oscar bait like *My Week with Marilyn*, and even a silent movie in wide release! This week the Reel Guys look ahead to their most anticipated movies of November and December.



► Michelle Williams' portrayal of Marilyn Monroe in *My Week With Marilyn* may win her the Oscar Monroe always dreamed of.

Reel Guys**RICHARD
CROUSE &
MARK
BRESLIN**

SCENE@METRONEWS.CA



'Tis the season

► Christmas movie season is here ► Crouse and Breslin share their yuletide picks

Richard: Mark, the film critic in me really wants to see *Carnage*, the Roman Polanski adaptation of the Broadway hit about two couples who get together to discuss an altercation between their children. I expect the all-star cast's — Kate Winslet, John C. Reilly, Christoph Waltz and Jody Foster — heavy-duty acting chops may earn an Oscar nod or two and have heard there's even Oscar buzz for Polanski. What are you most excited about?

Mark: Richard, I'd like to agree with you about *Carnage*, but I saw the play on Broadway and wasn't im-

pressed. However, I like everything Roman Polanski has ever done — well, ahem, almost everything — and maybe this will be an example of a movie improving on the play. I am looking forward to *Young Adult*, and here's why: 1. screenplay by Diablo Cody. 2. directed by Jason Reitman. 3. starring Charlize Theron. 4. lots of bad behaviour. I also look forward to the new installment of *Mission Impossible: Ghost Protocol*. Am I a fool?

RC: Not at all! I'm excited to see what Brad Bird, the Pixar wizard behind *The Incredibles*, can do with

live action and a few hundred million dollar budget. I'm also curious to see how the Cold War paranoia of *Tinker Tailor Soldier Spy* plays at Christmas, 2011. I want to know if playing in the Pottverse for the last few years has dulled Gary Oldham's edge. I'm hoping for some of his old-school Romeo is *Bleeding* attitude!

MB: I don't know... those John Le Carre adaptations can be pretty dry. What about *My Week With Marilyn*? Sounds pretty juicy to me.

RC: It'll certainly have some juice with Oscar vot-

ers I think. The Academy loves biopics and while Michelle Williams might not have been the obvious choice to play Marilyn Monroe, the early word is that she might be in line to win the Oscar that Marilyn always wanted in real life. I think Williams's biggest competition will be Meryl Streep as Margaret Thatcher in the *Iron Lady*.

MB: And the trailer for the Streep film is so good that it makes me want to line up for the movie today! And it would make a perfect double bill with the J. Edgar Hoover biopic at a Tea Party conference.

2

scene
Scene in brief

Twins, gods and a legendary FBI director will hit screens tomorrow. Jack and Jill has funnyman Adam Sandler taking on duelling roles as Jack and his twin sister Jill. *The Immortals* makes Greek mythology sexy with its hot, young stars, and Leonardo DiCaprio is generating Oscar buzz for his turn as J. Edgar Hoover in *J. Edgar*. Go online to metronews.ca/movies tomorrow to read reviews of all these films. **METRO**



Sales rise for *Assassin of Spies*, a novel pulled by publisher over plagiarism complaints

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► Getting into god-like shape for *Immortals* wasn't an easy task ► The guys dish on bringing perfection to life

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METRO WORLD NEWS IN HOLLYWOOD

The "joys" of the diet: Stephen Dorff (Stavros):

"The crew would break for lunch and we couldn't go near it. We would get these little stunt meals in this box and we'd be hungry right afterwards. It was very clean, no carbs. To have no body fat you have to eat ridiculously clean. It's very boring — no salt, none of the good stuff. So on my day off I

would go to McDonald's, ice cream places and pizza places and eat until the point that I feel sick. Because if you are eating a certain way for a couple of months, your body reacts weird when it gets a quarter-pounder with cheese.

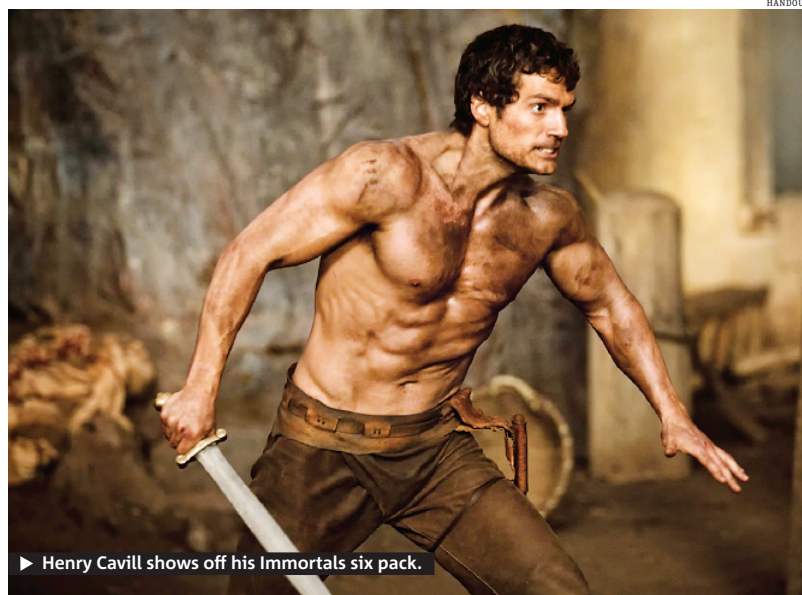
The downside of looking so good:

Stephen Dorff: "The only problem was I had crazy abs that wouldn't go away. For my next movie, I had to not look like I was in a gym. So it was complicated. I had to

learn to stick my stomach out so I could hide my Immortals body. Took a while. You have muscle memory when you work out that hard."

Luke Evans (Zeus): "I now have a bone that's raised on my shoulder, which I never had before, which is like a scapula or clavicle tear. It's never gone down. I just have this strange structural skeletal problem now, thanks to Immortals."

Letting the training help



► Henry Cavill shows off his Immortals six pack.

with the acting:

Luke Evans: "I trained for seven weeks and I had to do it in fast-paced training. It makes you stand differently. You look yourself in the mirror and you look different. I saw my body change in seven weeks. It does definitely

do something to inform your character in a sort of subliminal way. It definitely had an effect for me."

Henry Cavill (Theseus):

"It's like wearing a permanent costume. Before work when you look in

the mirror — or even before looking in the mirror — you do feel different. A part of the character is more expressive in you and so when you're in that kind of shape, I essentially was wearing my costume because I barely had no costume."

HIS TWIN SISTER IS COMING FOR THE HOLIDAYS...

ADAM SANDLER IS JACK AND JILL

...AND IT AIN'T PRETTY.

STARTS TOMORROW

Check Theatre Directory or SonyPicturesReleasing.ca for Locations and Showtimes

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Clint Eastwood makes the day

- At 81, film legend still has a commanding presence
- J. Edgar director admits being fascinated by Hoover



► Clint Eastwood and Leonardo DiCaprio teamed up for J. Edgar.



**RICHARD
CROUSE**
SCENE@METRONews.CA

I'm tempted to borrow a phrase from MGM to describe the star-studded reception before the first-look screening of J. Edgar on Monday night in midtown Manhattan.

The studio boasted having "more stars than there are in the heavens," but this wasn't an MGM party, it was a Warner Bros. soirée to celebrate their latest Oscar hopeful – a biopic about the controversial and enigmatic J. Edgar Hoover, who spent five decades as director of the FBI.

To my left 60 Minutes reporter Steve Croft worked the room. In another corner Alan Cummings chatted quietly to friends. David Byrne mixed and mingled and Tower Heist co-star Judd Hirsch snacked on sashimi from the sushi bar.

Behind the food stations framed posters of some of the biggest stars from movie history looked down on the party goers.

They are keepsakes from the Warner Bros. legacy; a reminder that the company has been making movies for almost as long as there have been movies to make.

Then a real life reminder of that legacy walked into the room. Clint Eastwood, J. Edgar's director, quietly slipped into the party. Well, as quietly as one of the most iconic movie faces of all time can slip into a room. With him was Leonardo DiCaprio, Armie Hammer ("Not Arm and Hammer, but Armie Hammer," Eastwood jokes) producer Brian Grazier and Oscar winning screenwriter Dustin Lance Black.

The weight shifts in the room, as though Clint's star power has a gravitational pull all its own. At 81, he's more weathered than when he made Dirty Harry a household name, but it is impossible to look at him and not have memories of "Go ahead, make my day..." or the Man with No Name character awakened, and everyone at the party feels it.

Inside the screening

room he introduces his J. Edgar actors and creative team. After a long list of names he pauses and says, "that takes my memory as far as it will go." Holding for the laugh, he continues, "I've always been curious about J. Edgar Hoover... and I still am."

That's it. Like his characters, Eastwood's a man of few words. Or maybe it was the hour; it was only eight o'clock. But as someone sitting behind me joked, "He only works from nine to five."

I guess when you're a legend you can set your own hours.

Films directed by Clint Eastwood

- Bronco Billy
- Unforgiven
- Letters from Iwo Jima
- Gran Torino
- Million Dollar Baby
- Mystic River

IMMORTALS

GET AROUND

Pictured at the right are eight of the biggest names from *IMMORTALS*. They are shown as they appear in the film, a classic tale of good and evil, which opens November 11. You may know them from their work in other films or on TV.

Here's hoping, because we've given you another character they have played at left. It's up to you to match the character with the actor or actress.

Match Them Up

1. Randy The Ram Robinson
(Oscar nominee)

2. Aramis
(think Musketeers)

3. Emmett Cullen
(Twilight time)

4. Latika (going Ape)

5. Charles Brandon
(Tudor times)

6. Mr. Ollivander
(those Potter films)

7. Alison Bromley
(think Vampires)

8. Jason Tanner
(Beachy, but no bum)

LUKE EVANS IS 2., MICKEY ROURKE IS 1., KELLAN LUTZ IS 3., and ISABEL LUCAS IS 7.
SOLUTION: HENRY CAVILL IS 5., FREIDA PINTO IS 4., STEVE BYERS IS 8., JOHN HURT IS 6.

STARTS EVERYWHERE NOVEMBER 11

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ImmortalsMovie.ca

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ALLIANCE

Movie reviews

Martha Marcy May Marlene**Genre:** Thriller**Director:** Sean Durkin**Stars:** Elizabeth Olsen, Sarah Paulson, John Hawkes

●●●●●

Opening with a young woman escaping a Manson-esque cult, we know this is-

n't going to be an ordinary thriller. The titular character's ordeal is revealed in flashbacks as she readjusts to real-life. First time director Sean Durkin ratchets up the tension amidst fears her "family" will come looking for her.

● IAN GORMELY

Billy Bishop Goes to War**Genre:** Musical**Director:** Barbara Willis Sweet**Stars:** Eric Peterson, John Gray

●●●●●

Eric Peterson and John Gray re-up the smash musical that launched the posthumous career of

Canadian flying ace Billy Bishop back in 1982. Bishop was a brawler who didn't want to go to war in 1916, but once there became the most successful fighter pilot in the British Empire. It's sharply emotional, yet entertaining.

● ANNE BRODIE

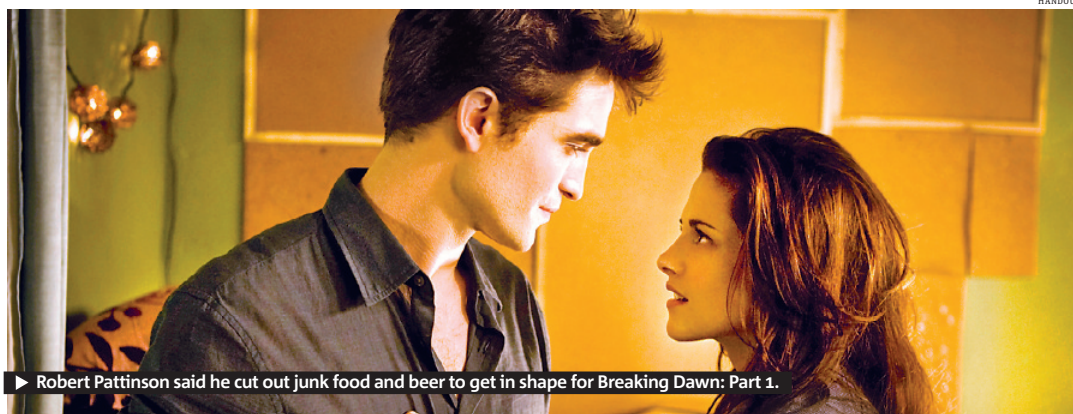
Starbuck**Genre:** Comedy**Director:** Ken Scott**Stars:** Patrick Huard, Julie LeBreton, Antoine Bertrand

●●●½

Patrick Huard plays David Wozniak, a man-child who learns commitment and re-

sponsibility after discovering that his sperm bank donations unwittingly made him the father of 533 children, 142 of whom have filed a class action lawsuit to learn their biological father's real identity.

● RICHARD CROUSE



▶ Robert Pattinson said he cut out junk food and beer to get in shape for *Breaking Dawn: Part 1*.

Making brawn

▶ **Twilight star Robert Pattinson shares how he got buff for his stripped-down scene in *Breaking Dawn***



In the fourth *Twilight* film, *Breaking Dawn: Part 1*, newlyweds Edward (Robert Pattinson) and Bella (Kristen Stewart) finally go all the way.

In preparation for the stripped-down honeymoon scene, Robert Pattinson put in four months of solid time at the gym.

"I very rarely exercise and really don't like going to the gym so I had to make it extreme. I had to cut out beer and cut out junk food, which is basically my entire life and I had to replace

that with going to the gym and working out basically all day, every day. I went to the gym pretty much at four in the morning and worked out for two hours and then went to work. It was absolutely exhausting," he says.

But has the actor, also known as Edward Cullen, kept up his workout routine?

"The day I didn't have to take off my shirt, that was it. No more gym," he says laughing.

Ashley Greene's character, Edward's sister Alice, also shows a new side in the movie, albeit a more emotional one. "You will see Alice being emotionally

tortured and a little tormented inside. She wants to protect and support Bella and the two emotions are in conflict. That was one of the great things of having a saga... to develop your character," she says.

In *Breaking Dawn: Part 1* Bella Swan becomes pregnant and the baby is half vampire. According to Pattinson and Greene the birth scene was one of the most memorable during the movie shoot.

"The director Bill Condon made some really bloody horror movies early on in his career and we shot it like a straight horror scene. I saw one cut, and if you had added some

Robert's record

There are rumours that Pattinson is going to release an album, but he denies it.

▶ "I'm not making a record. I record stuff all the time but have no intention to release it."

other music and other sound effects you wouldn't want to watch the screen (laughs). They could definitely do a version of this movie for adults only," says Pattinson.

Greene remembers the day as one of the most hysterical.

"We were nervous and didn't know how to pull this off. It was so intense. You can't relate to a baby that is destroying its mother. It translates much better on film and it looks good, but when we were filming it nobody knew what was happening."



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IN THEATRES NOVEMBER 18

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THESE PAGES COVER MOVIE START TIMES FROM FRI., NOV. 11 TO THURS., NOV. 17. TIMES ARE SUBJECT TO CHANGE. COMPLETE LISTINGS ARE ALSO AVAILABLE AT METRONews.ca/MOVIES.

CITY CENTRE 9 CINEMAS

10200 102nd Ave., 780-421-7020

The Ides of March (14A) Bargain Matinee, DTS Digital, Stadium Seating Fri-Tue 1:15-4:15/7:30-10:30 Bargain Matinee, DTS Digital, Stadium Seating Wed 1:15-4:15/10:30 Bargain Matinee, DTS Digital, Stadium Seating Thu 1:15-4:15/7:30

Immortals 3D (18A) Bargain Matinee, Dolby Stereo Digital, Stadium Seating Fri-Thu 12:55-3:55-7:10-10:10

In Time (PG) Bargain Matinee, DTS Digital, Stadium Seating Fri-Thu 12:45-3:45-7:30

J. Edgar (PG) Bargain Matinee, Dolby Stereo Digital, No Passes, Stadium Seating Fri-Thu 12:15-3:15-6:30-9:30

Jack and Jill (PG) Bargain Matinee, Digital Presentation, DTS Digital, Stadium Seating Fri-Thu 1:05-4:05/7:20-10:20

Paranormal Activity 3 (14A) Bargain Matinee, Dolby Stereo Digital, Stadium Seating Fri-Wed 3:9-15 Bargain Matinee, Dolby Stereo Digital, Stadium Seating Thu 12:3

Puss in Boots (G) Bargain Matinee, DTS Digital, Stadium Seating Fri-Wed 12:25 Bargain Matinee, DTS Digital, Stadium Seating Thu 12:25-3:25-6:50-9:50

Puss in Boots 3D (G) Bargain Matinee, DTS Digital, Stadium Seating Fri-Wed 12:6-15

Tower Heist (PG) Bargain Matinee, Dolby Stereo Digital, Stadium Seating Fri-Thu 1:10-4:10/7:25-10:25

The Twilight Saga: Breaking Dawn Part 1 (STC) Digital Presentation, Dolby Stereo Digital, Stadium Seating Thu 10

A Very Harold & Kumar 3D Christmas (18A) Bargain Matinee, Dolby Stereo Digital, Stadium Seating Fri-Thu 12:35-3:35-6:55-9:55

CLAREVIEW 10 CINEMAS

4211 139th Ave., 780-472-7600

Footloose (PG) Digital Presentation Fri-Sun 6:40-9:25 Digital Presentation Mon-Wed 5:8 Digital Presentation Thu 4:45/7:20

Immortals 3D (18A) Fri-Sun 1:4-7:9-40 Mon-Thu 5:8

In Time (PG) Digital Presentation Fri-Sun 1:10-4:15-6:55-9:50 Digital Presentation Mon-Thu 5:20-8:05

J. Edgar (PG) Digital Presentation, No Passes Fri-Sun 12:30-3:30-6:30-9:30 Digital Presentation, No Passes Mon-Thu 4:45/7:45

Jack and Jill (PG) Digital Presentation Fri-Sun 1:50-4:30-6:50-9:10 Digital Presentation Mon-Thu 5:30-8:15

Paranormal Activity 3 (14A) Digital Presentation Fri-Sun 2:10-4:50/7:25-9:35 Digital Presentation Mon-Thu 5:45-8:20

Puss in Boots (G) Digital Presentation Fri-Sun 1:30-3:50-6:35 Digital Presentation Mon-Wed 4:50 Digital Presentation Thu 4:50/7:30

Puss in Boots 3D (G) Fri-Sun 2:40-7:05-9:20 Mon-Thu 5:20/7:40

Real Steel (PG) Digital Presentation Fri-Sun 12:45-3:45

The Rum Diary (14A) Digital Presentation Fri-Sun 9 Digital Presentation Mon-Wed 7:50

Tower Heist (PG) Digital Presentation Fri-Sun 9 Digital Presentation Mon-Wed 7:50

Tower Heist (PG) Digital Presentation Fri-Sun 9 Digital Presentation Mon-Wed 7:50

Tower Heist (PG) Digital Presentation Fri-Sun 9 Digital Presentation Mon-Wed 7:50

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Tower Heist (PG) Digital Presentation Fri-Sun 9 Digital Presentation Mon-Wed 7:50

entation Fri-Sun 1:20-4:10-6:45-9:15 Digital Presentation Mon-Thu 5:10-8:10

The Twilight Saga: Breaking Dawn Part 1 (STC) Digital Presentation, No Passes Thu 10

A Very Harold & Kumar 3D Christmas (18A) No Passes Fri-Sun 1:40-4:20-7:20-9:45 Mon-Thu 5:25/7:50

GARNEAU THEATRE

8712 - 109 St., 780-433-2212

METRO CINEMA

Zeidler Hall, Citadel Theatre Complex, 9828-101 Ave., 780-425-9212, metrocinema.org

Educated Red: Alberta's Lost Histories (STC) Thu 7

Starbuck (14A) Fri-Sat 7:9 Sun 4:15-9 Tue-Wed 7:9

MOVIES 12

5074 130 Ave., 780-472-9779

Anonymous (PG) Fri-Thu 1:10-4:7-10:10

The Big Year (PG) Fri-Thu 1:25-4:15/7:15-9:35

Cars 2 (G) Fri-Thu 1:20-4:30/7:05-9:25

Contagion (14A) Fri-Thu 1:35-4:10-6:35-9:30

Cowboys & Aliens (14A) Fri-Thu 6:30-9:10

Crazy, Stupid, Love. (PG) Fri-Thu 1:15-3:50-6:40-9:15

Harry Potter and the Deathly Hallows: Part 2 (PG) Fri-Thu 1:05-4:05-7:9-50

The Lion King (G) Fri-Thu 1:40

The Lion King 3D (G) Fri-Thu 3:55-6:45-9:10

RA. One 3D (14A) Fri-Thu 1:4-3:0-8

Rise of the Planet of the Apes (PG) Fri-Thu 1:45-6:55-9:45

Rockstar (STC) Fri-Thu 1:30-5-8:30

The Smurfs (G) Fri-Thu 1:55-4:20-6:50-9:20

Spy Kids: All the Time in the World in 4D (PG) Fri-Thu 1:45-4:25

NORTH EDMONTON CINEMAS

14231 137th Ave., 780-732-2236

Footloose (PG) Fri-Sun 1:20-4:15/7:30-10:15 Mon-Wed 1:20-4:15/7:30-10:05 Thu 1:20-4:15-6:55-10:05

Immortals 3D (18A) Fri-Sun 2:40-7:40-10:10 Mon-Wed 2:40-7:40-10:10 Thu 2:40-7:40-10:25

In Time (PG) Fri-Sun 12:45-3:40-6:45-9:20 Mon-Thu 12:55-3:40-6:45-9:15

J. Edgar (PG) No Passes Fri-Sun 12:20-3:45-6:40-9:45 No Passes Mon-Tue 12:40-3:45-6:40-9:45 No Passes Wed 3:45-6:40-9:45 No Passes Thu 12:40-3:45-6:40-9:45 Star & Strollers Screening, No Passes Wed 1

Jack and Jill (PG) No Passes Fri-Sun 12:20-3:40-6:45-9:35 No Passes Mon-Thu 12:35-2:40-4:45-7:30

Moneyball (PG) Fri-Sun 12:45-3:40-6:45-9:35

Paranormal Activity 3 (14A) Fri-Sun 1:3-15-6:20-8:30-10:45 Mon-Wed 1:3-15-8:15-10:30 Thu 1:3-15-7:05

Puss in Boots (G) Fri-Sun 12:15-2:35-5-7:20 Mon-Thu 12:30-2:30-5-7:20

Puss in Boots 3D (G) Fri-Sun 12:15-2:35-5-7:20 Mon-Thu 12:30-2:30-5-7:20

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Puss in Boots 3D (G) Fri-Sun 12:15-2:35-5-7:20 Mon-Thu 12:30-2:30-5-7:20

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Puss in Boots 3D (G) Fri-Sun 12:15-2:35-5-7:20 Mon-Thu 12:30-2:30-5-7:20

Puss in Boots 3D (G) Fri-Sun 12:15-2:35-5-7:20 Mon-Thu 12:30-2:30-5-7:20

Puss in Boots 3D (G) Fri-Sun 1:10-3:30-6:8-20-10:35 Mon-Thu 1:10-3:30-6:30-8:45

Real Steel (PG) Fri-Sun 12:50-3:50-6:50-10 Mon-Thu 12:50-3:50-6:50-9:50

The Rum Diary (14A) Fri-Sun 1:15-4:7-10:10:05 Mon-Tue 1:15-4:7-10:10:05 Wed 1:15-4:9-55 Thu 1:15-4:6:50-9:55

The Three Musketeers 3D (PG) Fri-Sun 1:30-4:30/7:35-10:20 Mon-Wed 1:30-4:30/7:35-10:10 Thu 1:30-4:30/7:35

Tower Heist (PG) Fri-Sun 12:30-2:10-4:10-5:10-7:15-8-9:50-10:30 Mon-Tue 12:45-2:10-4:10-5:10-7:15-8-9:40-10:20 Wed 2:10-4:10-5:10-7:15-8-9:40-10:20 Thu 12:45-2:10-4:10-5:10-7:15-8-9:40-10:20 Star & Strollers Screening Wed 1

The Twilight Saga: Breaking Dawn Part 1 (STC) No Passes Thu 10:01 No Passes Thu 10

A Very Harold & Kumar 3D Christmas (18A) Fri-Sun 1:40-3:55-6:05-8:15-10:40 Mon-Wed 1:40-4:20-7:45-10:15 Thu 10:15 Thu 1:40-4:20-7:30

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The Guard (14A) Fri-Sun 2:30-7:9 Mon-Thu 7:9

Martha Marcy May Marlene (STC) Fri-Sun 2:6:50-9:10 Mon-Thu 6:50-9:10

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Footloose (PG) Fri-Wed 12:30-3:20-6:30-9:20 Thu 12:30-3:20-9:45

Immortals 3D (18A) Fri-Wed 1:4-7:40-10:30 Thu 10:30 Thu 1:4-7

In Time (PG) Fri-Thu 1:30-4:30-7:30-10:15

J. Edgar (PG) No Passes Fri-Thu 12:30-3:30-6:40-9:50

Jack and Jill (PG) No Passes Fri-Sun 12:15-2:45-5:15/7:45-10:15 No Passes Mon-Tue 1:40-4:40-7:45-10:15 No Passes Wed 4:35/7:45-10:15 No Passes Thu 12:15-2:45-5:15/7:45-10:15 Star & Strollers Screening, No Passes Wed 1

Moneyball (PG) Fri-Thu 10

Paranormal Activity 3 (14A) Fri-Wed 2:5-7:50-10:20 Thu 2:5-7:50

Puss in Boots 3D (G) Fri-Thu 12:45-3:45-6:30-9

Puss in Boots: An IMAX 3D Experience (G) Fri-Sun 12:20-4:40-7:30 Mon-Wed 1:45-4:45-7:30

Real Steel (PG) Fri-Wed 12:50-3:50-6:50-9:45 Thu 12:50-3:50-6:50

The Rum Diary (14A) Fri-Thu 1:20-4:20/7:15 Wed 4:20-7:15 Thu 1:20-4:20/7:15 Star & Strollers Screening Wed 1

The Three Musketeers 3D (PG) Fri-Tue 1:15-4:15-7:20-10:10 Wed 1:15-4:10-10

Tower Heist (PG) Fri-Wed 1:10-4:10-7

Groundbreaking Latina actress keeps on dancing

► Oscar-winning star Rita Moreno approaching her 80th birthday
► But she's still on stage six nights a week and stars in a TV show

As Rita Moreno nears her 80th birthday, she's singing and dancing six nights a week in the biographical show *Life Without Makeup*.

Moreno, who debuted on Broadway at the age of 13 in *Skydrift*, won an Oscar for her portrayal of Anita in the film version of *West Side Story*, as well as an Emmy, a Tony, a Grammy and the Presidential Medal of Freedom for her accomplishments in the arts.

Her Anita portrayal helped other Latino artists get work in Hollywood, particularly because a non-

Hispanic actress, Natalie Wood, had the lead role of Maria in *West Side Story* and another white actor, George Chakiris, was cast as the Puerto Rican gang leader Bernardo.

Moreno said in an interview from her home in Berkeley, Calif., that she was happy to see so many more Hispanic faces and names in film, television and theatre.

"But I love what Ricardo Montalban once said, because it was very precise," she added, quoting the late Mexican



► Puerto Rican actress Rita Moreno won an Oscar for the film version of *West Side Story*.

actor. "He said one day that the door was ajar, but not completely open. And that still exists ... We have known artists in the English-speaking world that are Latin artists, but not enough."

West Side Story comes out on Blu-ray Nov. 15 to celebrate its 50th anniversary. And Moreno would like to see more song and dance on screen. "I'd love to see more musicals be-



► *West Side Story* comes out on Blu-ray Nov. 15.

cause today they're very rare — you barely find them," she said.

Besides her run at The Berkeley Repertory Theatre, Moreno also plays Fran Drescher's Jewish mother in the TV series *Happily Divorced*, which starts shooting its second season in January.

"I love working with Fran. She is very delicious, warm, kind ... a good person, very noble," she said.

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SOUND CHECK



ALAN CROSS
SCENE
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Here's a playlist to commemorate Remembrance Day — beyond the traditional playing of The Last Post

The solemnity of Nov. 11 should never be forgotten. Our thoughts turn to the fallen and to the families they left behind. Here's a playlist of songs that commemorate this day beyond the traditional playing of The Last Post.

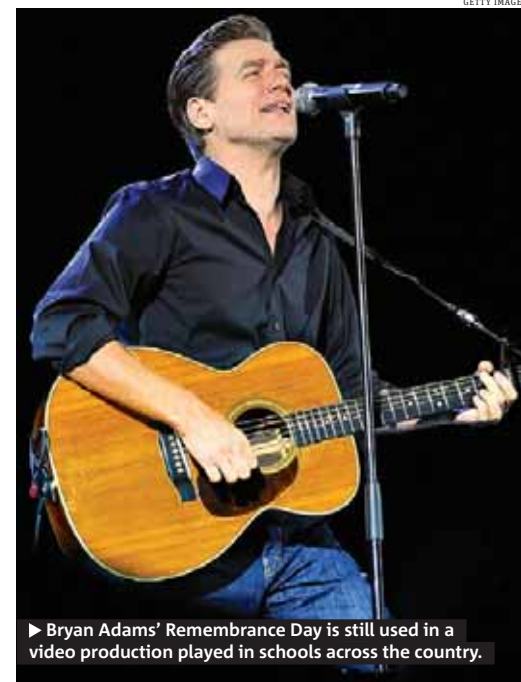
Sky Pilot by Eric Burdon and the Animals: With the Vietnam War at its peak in 1968, the Animals released this seven-and-a-half minute, three-movement song about a chaplain who blesses the troops before they leave on a mission. Although it doesn't feature

any obvious anti-war lyrics, the imagery and the era in which it was released have caused it to be categorized as a protest song.

And the Band Played Waltzing Matilda by the Pogues: Written by an Australian singer-songwriter named Eric Bogle in 1971, the song tells the story of the Battle of Gallipoli during WWI through the eyes of a young Aussie soldier. There are many covers of this song but none are as moving as the Pogues version found on the Rum, Sodomy & the Lash album from 1985.

Brothers in Arms by Dire Straits: The title track of their 1985 album closes the record and was the follow-up single to Money for Nothing. It doesn't mention any war by name, but many believe it has to do with the Falklands War, which was fought between the U.K. and Argentina a few years earlier.

Remembrance Day by Bryan Adams: In early 1986, Adams and songwriting partner Jim Vallance wrote this song during the sessions for



► Bryan Adams' Remembrance Day is still used in a video production played in schools across the country.

the Into the Fire album. In 1988, the Canadian Ministry of National Defense asked to use the song in a video production that's still played in schools across the country.

Hero of War by Rise Against: This is the one acoustic song from the Appeal to Reason album from 2008.

Singer Tim McIlrath wrote the song while trying to imagine an Iraqi war vet looking back on his experiences in the Gulf. Given that there aren't many songs written from this perspective — at least not yet — it's worth a listen.

ALAN IS THE HOST OF THE RADIO SHOW THE SECRET HISTORY OF ROCK. REACH HIM AT ALAN@ALANCROSS.CA

A Fling to remember

► New album from The Flings reveals tight harmonies, psychedelic sound



PAT HEALY
SCENE@METRONEWS.CA
METRO WORLD NEWS IN BOSTON

The tight harmonies on What I've Seen, the brand-new EP from The Flings, may be the result of two of the singers being brothers, or it could be that they grew up on Lennon and McCartney.

"My dad is in a Beatles cover band," reveals singer and bassist Graham Lovelis, who formed the band with his older brother, singer and guitarist Dustin, in Long Beach, Calif.

But Lovelis indicates that there might be another reason for the perfect



► The Flings

blending of voices in their psychedelic sound. The band recently went from a situation where the Lovelis brothers wrote all of the

songs to one where everyone works on the composition process together.

"I will say that it seems like a fluke that we have

four people who sing in the perfect range and don't really have to try," he says. "It seems like everyone kind of fell into place."

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WEEKEND, NOVEMBER 10-13, 2011

HANDOUT



► The Fashion on Fire event has spurred copycat events around the world.

Red hot fashion is catching fire

► Previously sold out, Fashion on Fire releasing 100 more tickets for their event ► Proceeds go to charity

BACKSTAGE PASS

JENNIFER LARAWAY
METRO EDMONTON



My very first PR gig was with Edmonton Fire Rescue and during that time, I gained a lot of respect for the guys who went above and beyond their call of duty by participating in various fundraising events.

They did everything from posing for the hot stuff calendar to bagging groceries. But, if I'm being honest, the approach was always the same: send in the cute rookies and hopefully the ladies would come in droves and donate to the cause. The formula worked but it was getting tired and so were the guys.

Enter Cristian Munoz, an event planner turned firefighter. In his past career, Munoz planned concerts and high end events,

Fashion

What you need to know about the event

► The show Fashion show features clothes from Kingsway Mall, My Philosophy, and Dirks. The stage holds up to 50 firefighters and features an 88 foot runway. Munoz was inspired after seeing a similar event while participating in a firefighter exchange program in Australia.

so he knew he could take the traditional ladies night fundraising approach and turn it into something more. Now in its third year, Fashion on Fire has set a precedence.

So much so that other cities including Los Angeles, New York, and of course Calgary are hosting copycat events.

"This is a really classy event," says Munoz. "You'll feel like a movie star from the moment you walk our

red carpet and get your picture taken when a firefighter dressed in his traditional reds escorts you to your seat."

The \$165 ticket gets you dinner and some unforgettable entertainment.

Not only do the firefighters model in the fashion show and put on a choreographed dance routine developed by MacEwan dance instructors, but Juno award winner Q-Benjamin will perform some of her hit songs, along with Kira Hladun, Dru, and Katia Zuccarelli.

Perhaps the best part is that all of the proceeds from the event benefit the three charities of choice for Edmonton Fire Rescue: Burn Treatment Society, Edmonton Firefighters Memorial Society, and Muscular Dystrophy Canada.

This previously sold out event just released an additional 100 tickets and you can get them from fashiononfire.com.

The event takes place this Saturday at the Shaw Conference Centre.

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Life as a 'hot Latin woman'

► Beautiful Sofia Vergara happy to represent Colombia in her role on *Modern Family*



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METRO WORLD NEWS IN HOLLYWOOD

While she insists she had no comedy background before coming to the United States, Sofia Vergara steals the show among a cast of comic talents and Emmy winners as Gloria on *Modern Family*.

It's a part that's catapulted her to fame in the States, meaning more people recognizing her in public — unless she keeps quiet.

"As long as I don't speak, I'm safe," she says in her distinct Colombian accent, which is only slightly exaggerated for the show.

How important is it that your character is Colombian? And what do you think about the jokes about Colombia featured in the show?

I love it, I think it's fantastic and everybody loves it. You know, Colombians, we don't get offended. It's not like the writers are inventing things about Colombia, you know? It's a reality, what can we do? We just have to laugh about it. You know, the country has changed. It's not like that's happening in Colombia right now, thank God. So I don't get offended at all. I think it's hilarious. I think it's funny.

There aren't a lot of Colombian icons in the U.S. Do you feel like you're filling that role?

Well, I love it because there's not a lot of known actresses. I mean, we have Shakira, who is one of the biggest singers right now. She's from Barranquilla, my hometown. But there

was nobody on national TV or like a known household name, and for me it's been amazing to represent Colombia — you know, to not only represent me as a Colombian actress, but with the show that I'm able to show a little bit of Colombia, not only the stereotyping things about the bad things, the mafia, whatever, but also like the food or the real essence of the personality of a Colombian person.

So you like what the writers have done with Gloria?

For them to write for a hot Latin woman, I thought it was going to be a problem, but they're great. At the beginning I was worried — "How are they going to know how a Latin woman thinks?" They even write my mispronunciations now. They know me so well. Usually they write, "And Gloria says something in Spanish," and they let me say whatever I want, you know? They're not going to tell me what to say in Spanish. And of course I say something that I think is funny.

Do you have any idea what's coming up for Gloria this season?

You don't really know because every episode is a little story, so they don't need to write the thread out until the end. I know what we have filmed these past two months. There's a lot of jealousy between Gloria and Stella the dog. That's the main drama in her life right now, the dog. She hates the dog. And also a little bit of jealousy because of Manny's romantic life.



► Sofia Vergara says she often gets mistaken for her son's sister.



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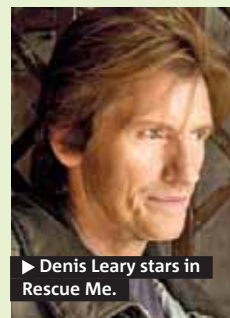
How does Gloria's relationship with Manny compare to your relationship with your own son?

It's very similar. I mean, my son is older now — he's 20 years old. But it's very similar. He was always like an

old soul. It's funny because sometimes I'll watch my show with my son and he just looks at me like, "Did you tell them that?" I love when (people think) he's my brother. He hates it, he wants to throw up in front

of the people. Like for example if I'm with him and somebody says, "Oh, tell your sister to come," and I don't say anything, I don't correct them, he's like, "Tell them! Tell them you're my mother!"

TV Picks



► Denise Leary stars in *Rescue Me*.

Remembering our troops

WAR. As part of its Remembrance Day coverage on Friday, Canada's public broadcaster presents the one-hour special *Remembering Afghanistan*, which explores how Canadians will look back on the war there. Peter Mansbridge hosts. (CBC).

Emma Stone, Coldplay set for SNL

GUESTS. Hollywood darling Emma Stone guests on *Saturday Night Live* for a second time. The engaging star of *Easy A* and *The Help* first hosted just over a year ago. *Saturday*'s musical guest is Coldplay, which is topping the charts these days with its new album *Mylo Xyloto*. (NBC).

Say goodbye to Rescue Me

FINALE. The flame goes out on *Rescue Me* Sunday.

This Season 7 finale marks the end of the series, about the struggles of a New York City firefighter (Denise Leary) in a post-9-11 world. The final episode trails the aftermath of an arson fire that led to the collapse of a warehouse and the death of a colleague. Amid the tragedy, Tommy (Leary) and his friends ponder their professional and personal futures. (Showcase).

THE CANADIAN PRESS



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Move over Valerie Bertinelli

► Mariah Carey bringing some serious stardom to Jenny Craig

THE WORD

DOROTHY ROBINSON
SCENE@METRONOVS.CA



Jenny Craig attracts, let's say, "mid-level" household names to be their spokespeople. Sara Rue, Valerie Bertinelli, Phylicia Rashad and Jason Alexander are among those C-listers who have been paid handsomely to shill the weight-loss company.

But they must have paid buckets of cash to afford their latest spokesperson, Mariah Carey.

The company's big celeb was revealed Wednesday at New York City's Four Seasons. Carey arrived 20 minutes late to the conference and was escorted all the way to the stage for what we thought would be to take questions from reporters, which is why we were there. Instead, she was just interviewed by Gayle King about her involvement with Jenny Craig, which, by the way, is now just called Jenny.

Carey says she started



► Mariah Carey

Jenny in July and has lost 30 pounds so far. She told King she was approached by three different weight loss companies while pregnant but picked Jenny because she clicked with the people and liked their partnership with the American Heart Association.

"Some other suitors have great money, have great whatever it is that their concepts are, (but) I didn't really connect with the people, and this was only over the phone at first. The first time I spoke with the executives at Jenny it was like

we really clicked in terms of the fact that they had a vision beyond weight loss."

We also learned about Carey's love of business calls while in the bathtub.

"Like all day every day when I was pregnant (I was) in the bath, with a towel, seriously, doing business calls, talking to lawyers with water splashing," she revealed.

"(My trainer) Bernardo and I were doing exercises mainly in the water."

As she demo-ed some of her aquatic moves, she made sure to look good in

Mariah speaks

More highlights from Carey's press conference:

- She doesn't own a scale, and the last time she weighed herself was when the song My All was out.
- Her twins have a new website, dembabies.com
- She bought an ultrasound machine during her pregnancy.

the process: "Let me do it more elegantly for the photo — please don't get a bad angle."

And P.S. Yes, there was a towel in the bathtub. Carey says that she was so embarrassed by her pregnant body that she never went naked.

Anywhere.

"I was never nude. I had a towel on in the tub, I had clothing on in the tub," she told King. "I'm not lying, I promise you. You think I would let Nick see me looking randic like that?"

Randic? One thing for sure, Mariah Carey will not become the spokeswoman for Earth Mothers International anytime soon.

Celebrity tweets



so this past week and even today every rumor and lie about me possible has been coming out in the press. Just need to ignore it.



@justinbieber

@NathanFillion

I am determined to find out what @jimmyfallon smells like. A few guesses: Cotton Candy Old Spice Old cotton candy, spiced.

@SethMacFarlane

I can't buy the Superfriends. The "super" part is believable, but no way they're genuinely friends.



@mindykaling

I think I'm excited for Jack & Jill because it seems like one of those movie parody trailers from Tropic Thunder

Simpson keeps on backtracking

Jessica Simpson insists that there was never any wedding date set in stone for her and fiancé Eric Johnson, despite reports that they'd cancelled a planned November ceremony.

Instead, Simpson says she and Johnson have no plans to marry anytime soon — and they'll at least be waiting until after she gives birth, as she wants to wait until "every-

thing is over so I don't end up being a hormonal Bridezilla," she says in an interview with Entertainment Tonight.

As for why she waited so long to confirm her pregnancy, Simpson explains that she thought her "stomach spoke for itself."

● METRO



Jessica Simpson

Message to Prince Harry: No 'fornicating'

Prince Harry has moved on to Gila Bend, Ariz., for the final leg of his helicopter training in the U.S. — and his reputation has apparently preceded him.

"We have some very pretty girls here," Gila Bend Mayor Ron Henry tells the Daily Mail.

"Some of the dads won't take too kindly to a

prince fornicating the night away and drinking into the small hours. It is a very quiet town with a lot of good Christian people. This isn't a party

town."

The town boasts 1,700 residents, one bar and a motel built to look like a spaceship.

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The school girl goes to work

► Revisit school uniform staples, such as the necktie, A-line skirt and classic satchel, to build a retro look for work the same way this stylish Londoner did here

Remix her style



► Name: Amy Marks
► Spotted: London

KENYA HUNT
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON



1



2



3



4

1 ACNE
wedge booties
\$770, acnestudios.com

2 ASOS
blouse
\$63, asos.com

3 RAOUL
skirt
\$295, shopbop.com

4 ZARA
messenger bag
\$90, zara.com

3
life

Style Pick

KANE DOES DENIM

Christopher Kane's new capsule collection for J Brand has a refreshingly new angle to it: He designed the neon bright denim to complement his resort collection. It's an interesting strategy and one that maybe the H&Ms of the world should explore as well. **KENYA HUNT**



New Canadian Olympic apparel channels retro style and the great outdoors.

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Hipster in the country

► Country classics used to be reserved for the fuddy-duddy tweedy set ► Then it became the stuff of hipsters ► Now, the trend has had a third wind. Think: Rugged, sexy, woodcutter



1 ZARA

cords, \$60, zara.com

2 YMC

quilted coat
\$535, mrporter.com

3 UNIQLO

flannel shirt, \$30, uniqlo.com

4 SCHOTT NICHOL

welly boot socks
\$44, asos.com

5 TRICKER'S

brogue stow boots
\$586, my-wardrobe.com

6 ALLY CAPELLINO

Frank bag
\$300, allycpellino.co.uk

7 NORSE PROJECTS

agni knit, \$242, oki-ni.com

RICHARD PECKETT
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

Men's style pick

One cap fits all

The humble flat cap has broken down more social barriers than any government can lay claim to. Worn by royals, ruffians, market traders and famous types like Daniel Craig, Justin Timberlake and Brad Pitt, the cloth cap is as versatile as it is practical.

► **RICHARD PECKETT**



BARBOUR TARTAN CAP

\$49, barbour.com

Jeanne Space



In this hectic modern world, Twitter has become a cool and succinct way of communicating. It allows me to be accessible, instantly speak my mind, and connects me with all kinds of people. Whether it's a fashion question, or you just want to comment on life's bigger picture, I'd love to hear from you.

TUNE INTO FASHION TELEVISION EVERY SUNDAY AT 5:30 P.M. (ET) ON CTV.
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@Jeanne_Beker:

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► My poppy pin purchased in Paris a few seasons back.

► @JFra10: I have! Been wearing it around FIT campus in NYC and have received many questions what it's for #proudcdn #honourthevets

► @Jeanne_Beker: Cool! Who knew poppies had the power to become iconic CANADIAN style statements?

► @JFra10: who knew! It's nice to come across unique Canadian customs when living in the States!

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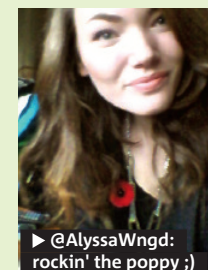
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► @AlyssaWngd: rockin' the poppy ;)

► @Jeanne_Beker: LOVE it!! xx

Small space holiday dining

► Versatility is the key when choosing dining furniture for your home

DESIGN CENTRE



KARL LOHNES
HOME@
METRONEWS.CA

Q: I will be hosting Christmas dinner this year so I quickly need to furnish my dining area.

The room is 9x9 and is part of an L-shaped living/dining room in my condo.

What size/style of table and chairs should I buy?
Beatrice Kington, Alberta.

A: Choose an appropriately sized table to suit your day-to-day needs, not a size that you will only use occasionally when more than extra guests come over.

Find a table that is expandable in order to accommodate a more than average amount of guests on special occasions.

Your dining space is fairly small, so I suggest choosing a 42-inch round table, which will seat four people comfortably on a daily basis, or up to six in a pinch.

A round topped, pedestal based table will be your best choice as there will be

The breakdown

Karl's mathematical rules for dining decor:

- Allot for 30-36 inches of walking space on all sides of your table.
- A dining room light fixture should be hung 30-36 inches above the table.
- Each foot of the room's width equals two inches of diameter for the dining light fixture.
- An area rug should be 18-24 inches larger on each side of your table.
- Every two linear feet of table edge allows for one guest to be seated.

no corners or legs to contend with, ultimately giving you more freedom as to where guests can be seated. If the table is expanded for extra guests then allow the longer shape to creep into the living area when entertaining.

Buy four comfortable Parson-style dining chairs that will permanently sit around the table. They then can be brought into the living area space when extra

seating is needed.

Purchase four additional folding or stacking chairs that can be brought out on the special occasions when lots of guests need to be seated around the table.

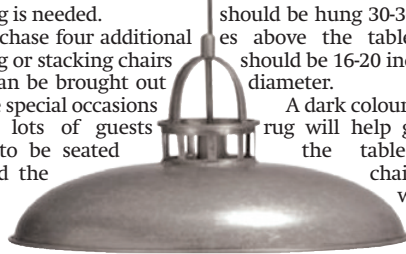
Adding a slim bookcase or credenza against the back wall will offer up great storage for extra dishes, wine glasses and linens as well as create a place for serving dishes while dining.

Keep the overall look of it light and airy so it doesn't visually fill up the small dining space.

A hanging light fixture will help define (and illuminate) your new table.

The fixture

► Redar Stacking Chair, \$50, Ikea



► Victory Pendant, \$179, CB2



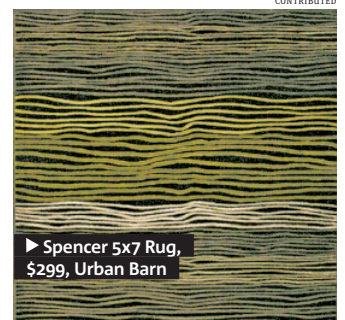
► Avalon Extension Table, \$599, Crate and Barrel



► Reflection Sideboard, \$999, Urban Barn



► Willoughby Chair, \$300, West Elm



► Spencer 5x7 Rug, \$299, Urban Barn

WHEN RUBBING IT IN ISN'T A GOOD IDEA

CHARLES THE BUTLER



ASKCHARLES
THEBUTLER@
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Dear Charles the butler, We recently purchased a Natuzzi sofa in beige microfibre. Unfortunately our cat vomited on it twice during the night and by the time we found out it had dried. I tried to clean it with water but the stains are still there. Are there any chemicals that would clean it? Maria

Hello Maria,

If only we could train our pets to be sick on the kitchen floor rather than on rugs, furniture and beds! OK, let's deal with the stain. You have two options: you call a professional upholstery cleaning company or you can attempt to clean it yourself. Now this depends how confident you are. I personally would give it the old college try, but of course it's up to you. Remember that every stain revolves around three things: speed, cleaning agent and technique.

- 1 Speed**
I assume and hope you tried to take as

much of the vomit's "volume" off the couch before anything else. A spatula or soft plastic spoon is ideal for this. Dealing with stains quickly is very important to success.

- 2 Cleaning agent**
In a large bowl, mix 2 cups of warm water, 1 tbsp of table salt, ½ cup white vinegar, 1 tbsp clear dish soap and 2 tbsp rubbing alcohol. Mix well by hand until all is dissolved.

- 3 Technique**
Dip a clean sponge into your homemade solution. Remove some liquid from

the sponge and then press into your vomit stain. Don't rub in the solution. Instead, apply it to the stain and then absorb the moisture with a clean paper towel or an old clean towel. Again, don't rub it in. What you are essentially doing is applying the homemade cleaning solution and then absorbing the liquid vomit mixture back in a clean cloth. Do this repeatedly back and forth until it appears that all of the vomit stain has been removed. Now before you try this, please test it out on an area of the sofa that will never be seen. I'm confident in the technique, but I want to know



► Harness the power of a good sponge and a homemade cleaning solution.

how the microfibre fabric will respond to the cleaning agent. Once you test it, this will give you the answer to either proceed confidently or call a pro-

fessional. Please let us know how this stain removal technique turns out for you. **HAVE A QUESTION?**
ASKCHARLESTHEBUTLER@METRON
EWS.CA

Getting benched ain't so bad

► Grace Bonney tells us how to turn a flea market find into a life-saving storage unit for your home



Rolling storage bench

- 1 Flip your box upside down and attach casters to the four corners. Use screws that are short enough that they don't come through to the interior of the box.
- 2 Flip the box upright and measure from edge to edge for your box top. Cut your plywood box top to fit, and sand the edges.
- 3 Lay your foam on the floor and place the box lid on top. Trace around the edges of the

plywood lid and cut the foam to size with a utility knife or electric knife.

- 4 Repeat step 3 with the batting, leaving a three-inch border of batting on all sides so you can pull it over the foam and staple it to the back of the plywood lid. Repeat the process with your fabric.

- 5 With the fabric facedown on the floor, centre the batting and then the foam on top. Place the wooden lid on top of these three layers and pull the batting and fabric over the edges of the lid, using a staple gun to secure them. Work your way around the edges of the lid,

pulling the fabric taut and stapling as you go.

- 6 Once you've finished stapling, cut off any excess fabric. If you want a more polished look for the underside of the box lid, cut a piece of fabric one inch smaller (on all sides) than the lid and staple this in place.

- 7 If you have children, or would like to ensure that your lid is secure, you can install safety hinges, which will keep the top from sliding or slamming down on small fingers.

Materials:

- Old box (try thrift stores, craigslist, flea markets, and eBay for similar versions)
- Casters and mounting screws
- Screwdriver
- Measuring tape or ruler
- Sturdy, midweight plywood (for your lid)
- Saw (if you choose to cut your own lid)
- Sandpaper
- Foam (use two-inch foam at least, to create a comfy seat)
- Box cutter or electric knife
- Batting
- Scissors
- Fabric
- Staple gun and staples
- Hinges (optional)

EXCERPTED FROM *DESIGN SPONGE AT HOME* BY GRACE BONNEY



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Cleaning house for holiday company

A thorough housecleaning can take all day — maybe all weekend. And as satisfying as that can be, sometimes you just don't have the time or the motivation.

But with the holidays just around the corner, we all want our homes to look good for parties, drop-in visitors and relatives.

Here's some advice on cleaning high-profile spaces in a hurry for maximum visual and psychological impact.

Prioritize

"Concentrate on the public areas: the living/family room, dining room and bathrooms. Prioritize what has to be done (replenishing toilet paper in the bathroom) versus what would be nice to do (dusting the picture frames)," said Deanne Marie, creator of Smart Solutions for Busy People books and blog.

Hide clutter

Marie calls it the "Hail

Mary" pass of housecleaning: Cover up the mess when you can't get rid of it!

The Maids, an American cleaning franchise, advises simply piling your miscellaneous countertop clutter in a laundry basket and sticking it in the closet.

Bathroom

If there's one room where bad housekeeping can really gross out your guests, it's the bathroom. Giving the toilet bowl a scrub with a

brush, as unpleasant as it is, must be top on your list. You're also going to have to wipe down the seat and rim. (Disposable wipes are great for this purpose.)

Outerwear

Give a thought to where your guests will unload coats, boots and bags. Is your hallway closet big enough? Can you set up a foldable coat rack or do you have a set of hooks on the wall? **THE ASSOCIATED PRESS**



ISTOCK IMAGES

What canning season?

► Make your own preserves whenever you have time ► Seal in the flavour while foods are still garden fresh

For Daniel Gasteiger, the holiday season begins in May when the rhubarb and strawberries ripen. That's when he starts putting foods by for the many people on his gift list.

The process continues with cherries, tomatoes, sweet corn, cucumbers, apples, melons and a variety of successive garden crops.

"If you don't deal with them when they're fresh, you're not preserving them," said Gasteiger, author of *Yes, You Can! And Freeze and Dry It, Too* (Cool Springs Press).

"Then they can sit on a shelf until wrapped as presents for neighbours, teachers and others."

Hear the word "preserving" and people think canning or freezing, said Gasteiger of Lewisburg, Pa. But there is also dehydrating, sugaring, fermenting, quick pickling, smoking, salting and cold storage.

"The way we go about it

hasn't changed much over the years, but the technology is better," he said.

All food preservation techniques delay or stop spoilage while sealing in flavour and nutritional value. Yet each does something different. In some cases, new foods are even created — raisins from dried grapes, for example.

Here is a sampling of the most common methods and how they compare

Canning preserves fruits and vegetables, jams and jellies, pickles, relishes and meats so they can be stored for months without refrigeration. Canning cooks food, however, changing its makeup and flavour.

Freezing leaves you with fresher flavours but transforms textures. "Produce tends to become mushy," Gasteiger said.

Dehydrating gives fresh foods remarkable longevity, with vegetables rehydrating especially well for cooking. Think bananas, or those fruit and vegetable remnants that ripen so quickly in the kitchen.

Fermenting is submerging vegetables in saltwater, and brine produces lactic acid, which is a food preservative. But: "Vegetables soften and develop a tangy flavour that some people don't care for," Gasteiger said.

Cold Storage root crops, including potatoes, carrots, yams, beets and turnips, have tremendous staying power under the right con-

ditions. They will remain fresh for months in a dark, dry environment. Potatoes prefer a place maintained at around 13 C. Carrots,

beets, rutabagas and cabbage keep longest at 1 C. You don't need a garden to put up fresh foods year round. Shop the sales.

Seek out farmers markets and roadside stands. Buy in bulk. Patronize U-Pick operations and orchards.
THE ASSOCIATED PRESS

Not just for Nana

"The face of canning is changing," said Lauren Devine-Hager, a product research and test-kitchen analyst with Jarden Home Brands. "It's not driven by grandmothers in rural settings anymore. It's becoming especially popular among women (ages) 27 to 45 in urban and suburban areas. They want to enjoy it all year long."



► Food preservation saves money, encourages creativity and puts a quality product on the family dinner table.

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Canadian writer Natalie MacLean is a liquid media juggernaut whose just released *Unquenchable: A Topsy Quest For The World's Best Bargain Wines* (Doubleday Canada, \$29.95) is a smart, fast-paced chronicle of her adventures looking for cheap vino and meeting industry celebs along the way.

Arguably the biggest name was Peter Gago, chief winemaker at Australia's Penfolds and the current "custodian" of Down Under's most prestigious (read expensive) red wine: Grange.

I had a chance to hang out with Gago and tasted a selection of Grange from some of the wine's most stellar vintages. While that was a once in a lifetime experience, drinking Penfolds doesn't necessarily mean taking out a second mortgage.

The 2009 Koonunga Hill Shiraz Cabernet (\$15.49 - \$16.99) is a liquor store mainstay with a nice mix of lightly peppered fruit swirled together with

forward blackberry goodness that holds up as a by-the-glasser as well as it does with a late fall barbecue. **PRICES REFLECT THE RANGE ACROSS CANADA. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.**



Fancy plating made easy

- Entertaining guests can be stressful
- Make it easier with quick recipes that present well
- Yellow Tomato & Fresh Herb Farfalle is a great option that only takes 40 minutes to make



Yellow Tomato and Fresh Herb Farfalle

This recipe serves six.

Guests — whether expected or unexpected — can be a lot of fun. To help you focus on the fun instead of the stress of entertaining, this Yellow Tomato and Fresh Herb Farfalle pasta is perfect.

Vegetarian guests will love it and if you want, you can top it with some grilled chicken for those guests who insist on having meat in their meal.

Preparation:

1 In a saucepan of boiling water, cook the pasta 7 to 9 minutes or until it is tender but firm. Drain.

2 Meanwhile, in a non-stick frying pan, heat the oil over medium heat; cook the shallots, garlic and hot pepper flakes for 2 to 3 minutes. Stir in the Whole Yellow Tomatoes and juices,

basil, parsley, tarragon, salt and pepper. Bring to a simmer; cook 2 to 3 minutes.

3 Add the drained pasta to sauce; stir to combine. Transfer to serving bowl; sprinkle

with cheese and serve.

**PRESIDENT'S CHOICE
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Ingredients:

- 4 cups (1 L) PC black label Farfalle Pasta
- 2 tbsp (25 mL) olive oil
- ¼ cup (50 mL) chopped shallots
- 2 tsp (10 mL) minced gar-

- lic
- ¼ tsp (1 mL) hot pepper flakes
- 1 can (400 mL) PC black label Whole Yellow Tomatoes, chopped
- ¼ cup (50 mL) sliced fresh basil

- 2 tbsp (25 mL) each chopped fresh Italian parsley and tarragon
- 1 tsp (5 mL) sea salt
- ¼ tsp (1 mL) black pepper
- 1/3 cup (75 mL) crumbled PC Soft Unripened Goat's Milk Cheese



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PROTECT YOUR VISION

MISUSE OF HAND-HELD DEVICES, LAPTOPS CAN STRAIN EYES: EXPERTS

Some people say the eye is the most precious organ. That makes it all the more important to preserve and protect your vision throughout life, from infancy to old age.

But misuse of today's growing array of hand-held and laptop gadgets can strain the eyes, making it difficult to maintain vision health.

One of the biggest problems, says Samuel N. Markowitz, a Toronto ophthalmologist, is using these devices in sub-optimal viewing conditions. For example, people sit in bed shining a tiny bright light on their iPad, or use their BlackBerry in dark subways.

In an office environment, the overhead lighting shouldn't be "stark," says Joe Chan, a Mississauga optometrist. "Fluorescent lighting can bother the eyes." Instead, use a desk lamp with an adjustable arm that focuses diffused light on what you are working on.

Chan recommends keeping the computer screen "a good arm's length away" from your eyes and at a downward angle. As well, he suggests the "20-20" rule: Looking at something about 20 feet away from the screen every 20 minutes or so to give your eyes a rest. "When you stare at the screen, you don't blink," he says. "Your eyes try to compensate by watering,



ISTOCKPHOTO/THINKSTOCK

and this dries them out and can damage the surface of the eye."

Years of eye strain can start to interfere with vision as people reach the age of 30 or 35, says Markowitz. Your specialist can check for eye problems, including presbyopia, age-related loss in flexibility of the eye's lens, and hyperopia, or far-sightedness, which can be corrected with prescription eyewear.

A common cause of eye problems is not taking proper care of contact lenses, which have become extremely popular. "I think it's part of human nature to try and cut corners," and not clean and soak lenses diligently, says Chan. Improper care can lead to a buildup of protein on the surface of the eye.

And don't ever leave your contact lenses in overnight, say both Chan and Markowitz.

— Pauline Anderson

ENJOY GIFT OF CLEAR SIGHT WITH LASIK

Thinking of treating yourself this Christmas? There's no better time to consider the gift of clear vision with laser vision correction.

LASIK is a safe and effective alternative to glasses and contacts as evidenced by its 20-year track record. Over that time, more than 35 million LASIK procedures have been performed around the world. The LASIK procedure corrects common refractive errors such as nearsightedness (myopia), far-sightedness (hyperopia) and astigmatism (irregular curvature of the cornea).

"The surgery is painless and quick, taking less than 10 minutes of operating room time," said Dr. Mark Cohen, co-founder and national medical director of LASIK MD, Canada's only national laser vision correction provider. "The procedure is characterized by short recovery times, as most patients are able to return to work the following day with dramatically improved vision."

LASIK has minimal side-effects, and most are temporary or easily treatable. The few reports of glare and halos at night that some patients used to complain about have all but disappeared thanks to technological advances.

You may be a good candidate for laser eye surgery even if your prescription isn't stable. Past prescription changes are not a good predictor of future changes and do not help deliver more predictable or safer results.

Another misconception is that the surgery is an unaffordable luxury. When you consider the annual costs of glasses, contact lenses and solutions, you will likely find that LASIK is more economical in the long term.

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IT'S EASY BUYING EYEGLASSES AND CONTACTS ONLINE

Alana Jestadt, 28, a manager of a Toronto spa specializing in natural products, has been wearing glasses and contact lenses since she was a teenager. Tired of paying out of pocket for her prescriptions, and with limited resources, she started to explore online options.

She learned that by eliminating the costs and markups that go into running and staffing a retail outlet, online companies can save her a bundle — up to 70 per cent — and she can still get a beautiful pair of designer glasses.

Buying online is not only less expensive, but more convenient than coping with crowds and long waits for in-store service.

And it's an easy process. After getting an updated prescription for glasses or contact lenses from a trusted eye care professional, “just head to our site and browse for your perfect pair of frames,” says Erin Taylor-Mitchell, executive editor, ClearlyContacts.ca, an online Vancouver-based optical store. “You can narrow your search based on size, brand, price, shape and colour. Once you've found your favourite frames, simply enter your prescription,

VIRTUAL LENSES



choose your lens, and check out.”

The site helps customers choose the most suitable frames, and for someone like Jestadt in the beauty and service industry, this is a real plus. She loves using the ClearlyContacts.ca “virtual mirror” and getting her friends to comment on how each pair looks after send-

ing them an online photo. She also enjoys using another tool that helps her find the glasses that best complement her unique face and features.

Jestadt also appreciates the fast door-to-door service. “Our goal is to get your glasses to you in less than five business days, but have been known to

surprise people with next-day delivery,” says Taylor-Mitchell. She adds that free shipping is also currently available for orders over \$99.

And if Jestadt changes her mind? The company has a 365-day return policy and even pays return shipping.

— Pauline Anderson

CHANGING VIEWS

Most of us have access to corrective eyewear that allows us to clearly see the beautiful world around us. But not everyone is so lucky. Some 560 million people in this country and around the world have vision problems and, for them, buying eyeglasses is simply a pipe dream.

ClearlyContacts.ca founder Roger Hardy has stepped in to change that. Last year, he started a charity project called Change the View. To date, his company has donated thousands of pairs of glasses to needy people throughout Canada, the United States, and as far away as West Africa, Kenya, New Delhi, Haiti, Honduras and Panama.

“We believe that everyone has the right to clear vision and we want to help make this right a reality,” explains Hardy.

“Poor vision can lead to injuries that are preventable, limited learning capability for kids in school, and loss of employment. Being able to see clearly results in increased earning potential and improved quality of life.”

Every time you buy frames from participating designers, a second pair — the frames as well as prescription — is donated to someone in need.

FASHION STATEMENT

From runways and big screens to classrooms and boardrooms across the country, glasses today are more of a fashion statement than ever before. Celebrities help shape what's hot in eyewear; think Justin Timberlake's big and bold square glasses, or Tina Fey's sleek and refined oval-shaped specs.

Once merely functional, eyeglasses are now a fashion staple. “Glasses have transformed from being a needed medical device to a wanted fashion accessory that can totally transform your outfit,” says Erin Taylor-Mitchell of ClearlyContacts.ca. “The fact that people purchase frames with non-prescription lenses just so they can rock the latest geek chic style is a perfect example of this.”

This geek chic look combines vintage shapes like oversized square frames with retro colours such as rich tortoise shell, says Taylor-Mitchell. Another big trend today is vintage style frames, thanks to the popularity of TV shows such as *Mad Men* and *Pan Am*.

And watch out for frames in loud colours like lime green and bright orange, as well as novel hues such as burgundies and purples.

There are also leopard skin and other bold prints and patterns to choose from.

Having multiple pairs of glasses to



match different outfits is also the rage. “Just recently, we asked our customers how many pairs of glasses they owned and were impressed to see collections ranging from three pairs to over 15 different pairs,” says Taylor-Mitchell. “With glasses now being affordable, our customers are able to change up their look depending on the occasion. What woman wouldn't love to have a pair of glasses to match each of her pairs of shoes?”

The optical market has expanded to accommodate the growing demand for glasses that express one's personality. “We believe that glasses are an extension of who you are,” says Taylor-Mitchell. “Glasses are the first thing people see, which is why it's so important to live your style and personality through them.”

CLEARLY CANADIAN

While working for a contact lens manufacturer, Roger Hardy discovered that optical stores significantly mark up prices for contact lenses and eyeglasses. Recognizing an opportunity to better serve customers, he founded ClearlyContacts.ca in 2000.

Since then, the Vancouver-based company has become the largest online optical store in Canada, with sales of glasses growing by a whopping 100 per cent every year. Analysts expect company revenues to exceed \$180 million in 2011.

To date, ClearlyContacts.ca has sold more than one million pairs of eyeglasses. More than three million customers can choose from a selection of more than 1,500 designer styles that constantly changes.

All the company's glasses are manufactured in Canada by a talented team that uses the highest quality materials. And the products are delivered right to your door — at home or the office.





ClearlyContacts.ca

Canada's Largest Optical Store

Take care of your eyes & save money



Did you know?

The less people pay for contact lenses,
the more likely they will adhere to the
recommended replacement schedule.

Treat your eyes to fresh new contacts.

All major brands available:

ACUVUE[®]

BAUSCH + LOMB

CIBA  VISION

CooperVision

splash

Find us on Facebook
facebook.com/ClearlyContacts.ca



4
sports

Quoted



"This is a tragedy. It is one of the great sorrows of my life. With the benefit of hindsight, I wish I had done more."

JOE PATERNO, THE PENN STATE FOOTBALL COACH WHO PREACHED SUCCESS WITH HONOUR FOR HALF A CENTURY BUT WHOSE LEGEND WAS SHATTERED BY A CHILD SEX ABUSE SCANDAL INVOLVING HIS FORMER ASSISTANT, SAID YESTERDAY HE WILL RETIRE AT THE END OF THIS SEASON.



Scan code for more sports news.

THE HOCKEY NEWS

RYAN KENNEDY

EDMONTON@METRONEWS.CA



The hits just keep coming for the Edmonton Oilers, though there is one player who

would do best to avoid collisions.

With the statement road trip off to a very positive 2-1 start and depth added off the injured list in Ales Hemsky and Cam Barker, Edmonton is maintaining its lofty perch atop the Northwest Division. The Kid Line has inevitably cooled off now that opponents can line-match the youngsters, but awareness of the trio's potency is also a factor. For sparkplug Taylor Hall, however, mission No. 1 right now should be to keep his head up on the ice.

Particularly in the loss to Phoenix, Hall was rubbed out several times by the Coyotes' defence and the young left winger's burgeoning career has been marked as much by offensive greatness as it has been by visions of him nearly being killed on big bodychecks.

It's a tough line to walk. The reason Hall was the No. 1 pick overall in 2010 and a dynamic producer for Edmonton so far in his career is the fact his speed and nose for the puck put him in great positions to



► Taylor Hall admits that he needs to be more aware of his surroundings.

score, especially on the rush. But those same instincts, coupled with a great competitive streak, also put Hall in the line of fire.

I think back to the world juniors in 2010, when Slovakian defenseman Peter Hrasko sent the Team Canada star cartwheeling into the corner

on a high-speed play. Later that year at the Memorial Cup, Hall was chasing down a loose puck with Brandon's Travis Hamonic in tow when the two stared down each other and went shoulder-to-shoulder. Hall was launched awkwardly into the endboards.

And of course, there

was his initiation into the NHL. Two particularly big checks came at the hands of Steve Staios and Drew Doughty, both of whom caught Hall looking elsewhere.

Always a good sport, Hall has often admitted that the hits he has absorbed were clean and that he needs to be more

aware of his surroundings, but I wonder how much this can really be curbed. It's obvious that Hall plays with passion and fire; that his mind heat-seeks to the puck at all costs.

He's not small, but he's not getting any taller, either. So maybe a little bit of caution could be eased into the kid's game.

NBA deadline passes, bargaining continues

As commissioner David Stern's deadline passed, the NBA and its players continued negotiating yesterday in an attempt to end the lockout.

The two sides met for more than seven hours to try to hash out a deal to save the season.

Stern had issued an ultimatum to players: Accept the league's latest proposal by 5 p.m. ET Wednesday or it would be replaced with a much

harsher one that would drive the sides even farther apart.

Players said Tuesday they wouldn't accept the current proposal as configured and suggested another negotiation session.

The current offer calls for players to receive between 49 per cent and 51 per cent of basketball-related income, though union officials said it would be impossible to get above 50.2 per cent.

Players were guaranteed 57 per cent of BRI under the previous collective bargaining agreement.

The next proposal would call for a 53-47 revenue split in the owners' favour, essentially a hard salary cap and salary roll-backs, which the league originally sought but had taken off the table.

Both proposals were sent to union executive director Billy Hunter on Sunday.

The meeting featuring small groups from both sides was arranged yesterday morning.

Lawyer Jeffrey Kessler took part along with other union negotiators, hours after saying he regretted telling the Washington Post that owners are treating players like "plantation workers" during the ongoing lockout. He added he planned to call Stern and apologize.

THE ASSOCIATED PRESS



► David Stern yesterday

DALE MACMILLAN/GETTY IMAGES

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Pittsburgh	15	9	3	1	2	45	34	21	4-1-1-0	5-2-0-2	6-3-0-1	W1
d-Toronto	15	9	5	1	0	46	51	19	5-2-1-0	4-3-0-0	5-5-0-0	L2
d-Washington	13	9	4	0	0	50	38	18	6-1-0-0	3-3-0-0	6-4-0-0	L2
NY Rangers	14	8	3	1	2	38	30	19	4-1-0-1	4-2-1-1	7-2-0-1	W5
Philadelphia	15	8	4	2	1	59	46	19	4-3-1-1	4-1-1-0	4-4-1-1	L1
Buffalo	14	9	5	0	0	42	33	18	4-4-0-0	5-1-0-0	6-4-0-0	W3
Tampa Bay	15	8	5	0	2	46	47	18	5-1-0-0	3-4-0-2	7-3-0-0	W3
Florida	14	7	4	0	3	39	37	17	2-1-0-3	5-3-0-0	4-3-0-3	W1
New Jersey	13	7	5	0	1	40	51	13	2-2-0-0	3-5-0-1	5-3-0-1	W3
Ottawa	16	7	8	0	1	47	58	15	5-4-0-1	2-4-0-0	6-3-0-1	L4
Winnipeg	15	5	7	2	1	40	51	13	2-2-0-0	3-5-2-1	4-4-2-0	L3
Carolina	15	5	7	2	1	37	50	13	3-3-0-1	2-4-2-0	3-5-1-1	L3
Boston	13	6	7	0	0	40	30	12	4-5-0-0	2-2-0-0	5-5-0-0	W3
Montreal	14	5	7	1	1	35	39	12	2-4-1-1	3-3-0-0	4-5-1-0	L1
NY Islanders	12	4	6	1	1	25	35	10	4-3-1-0	0-3-0-1	3-5-1-1	L2

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Dallas	14	11	3	0	0	45	33	22	6-1-0-0	8-2-0-0	8-2-0-0	W4
d-Edmonton	14	9	3	0	2	33	23	20	5-1-0-1	4-2-0-1	7-2-0-1	W1
d-Chicago	15	8	4	1	2	46	45	19	5-1-0-2	3-3-1-0	5-3-1-1	L3
Minnesota	14	8	3	2	1	33	26	19	5-2-1-0	3-1-1-1	6-2-2-0	W5
San Jose	13	8	4	1	0	41	35	17	3-2-1-0	5-2-0-0	7-2-1-0	W1
Los Angeles	15	7	5	1	2	34	35	17	4-3-0-1	3-2-1-1	4-4-1-1	W1
Phoenix	13	7	4	0	2	38	36	16	4-3-0-1	3-1-0-1	6-3-0-1	W1
Nashville	14	7	5	1	1	38	38	16	2-2-0-1	5-3-1-0	5-4-1-0	L1
Detroit	13	7	5	1	0	34	31	15	5-2-1-0	2-3-0-0	4-5-1-0	W2
Colorado	15	7	7	1	0	42	47	15	1-5-0-0	6-2-1-0	3-6-1-0	L4
Vancouver	15	7	7	0	1	45	44	15	3-2-0-1	4-5-0-0	5-5-0-0	W1
St. Louis	14	7	7	0	0	35	34	14	4-1-0-0	3-6-0-0	5-5-0-0	W1
Calgary	14	6	7	1	0	30	35	13	3-4-1-0	3-3-0-0	4-5-1-0	L1
Anaheim	14	5	6	1	2	27	41	13	3-2-0-0	2-4-1-2	2-5-1-2	L5
Columbus	14	2	11	0	1	31	53	5	2-4-0-1	0-7-0-0	2-8-0-0	L2

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results

N.Y. Rangers 3 Ottawa 2
Tampa Bay 2 Philadelphia 1 (OT)
Nashville at Anaheim

Tuesday's results

Edmonton 3 Montreal 1
Buffalo 6 Winnipeg 5 (OT)
Florida 5 Toronto 1
Minnesota 3 Calgary 0
Dallas 5 Washington 2
Detroit 5 Colorado 2
Los Angeles 4 Nashville 3
New Jersey 3 Carolina 2
St. Louis 3 Chicago 0
Tonight's games
Edmonton at Boston, 7 p.m.
Chicago at Columbus, 7 p.m.
Toronto at St. Louis, 8 p.m.
Florida at Winnipeg, 8:30 p.m.
N.Y. Islanders at Colorado, 9 p.m.
Montreal at Phoenix, 9 p.m.
Vancouver at Los Angeles, 10:30 p.m.
Minnesota at San Jose, 10:30 p.m.
Tomorrow's games
Washington at New Jersey, 7 p.m.
Carolina at N.Y. Rangers, 7 p.m.
Dallas at Pittsburgh, 7 p.m.
Ottawa at Buffalo, 7:30 p.m.
Edmonton at Detroit, 7:30 p.m.
Calgary at Chicago, 8:30 p.m.
Vancouver at Anaheim, 10:35 p.m. (changed from 10 p.m.)

Saturday's games

Ottawa at Toronto, 7 p.m.
Buffalo at Boston, 7 p.m.
New Jersey at Washington, 7 p.m.
Pittsburgh at Carolina, 7 p.m.
Dallas at Detroit, 7 p.m.

Winnipeg at Columbus, 7 p.m.
Montreal at Nashville, 7 p.m.
Tampa Bay at St. Louis, 8 p.m.
Calgary at Colorado, 10 p.m.
Minnesota at Los Angeles, 10:30 p.m.
Phoenix at San Jose, 10:30 p.m.
Sunday's games
Philadelphia at Florida, 5 p.m.
Edmonton at Chicago, 7 p.m.
Minnesota at Anaheim, 8 p.m.
N.Y. Islanders at Vancouver, 9 p.m.
Monday's games
Philadelphia at Carolina, 7 p.m.
Buffalo at Montreal, 7:30 p.m.
Tampa Bay at Winnipeg, 8:30 p.m.

RANGERS 3, SENATORS 2

First Period

No Scoring.
Penalties — Avery NYR, Konopka Ott (fighting) 2:50.

Second Period

1. Ottawa, Michalek 10 (Spezza, Karlsson) 8:39
2. N.Y. Rangers, Gaborik 8 (Stepan) 9:21
3. N.Y. Rangers, Stepan 3 (Anisimov) 11:38
Penalties — Deveaux NYR, Cowan Ott (fighting) 13:16, Dubinsky NYR (holding) 14:35, Greening Ott (interference) 15:00.

Third Period

4. N.Y. Rangers, Gaborik 9 (Stepan, Anisomov) 8:30
5. Ottawa, Foligno 4 (Da Costa, Butler) 9:48
Penalty — Eminger NYR (kneeing) 1:59.
Shots
N.Y. Rangers 4 7 8 —19
Ottawa 10 11 10 —31
Goal — N.Y. Rangers: Lundqvist (W,5-3-3); Ot-

tawa: Anderson (L,6-5-1).

Power plays (goals-chances) — N.Y. Rangers: 0-1; Ottawa: 0-2.

Referees — Paul Devorski, Ghislain Hebert.

Linesmen — Pierre Champoux, Derek Nansen.

Attendance — 19,543 (19,153) at Ottawa.

LIGHTNING 2, FLYERS 1 (OT)

First Period

No Scoring.

Penalties — Lecavalier TB (tripping) 6:15, Hartnell Pha (hooking) 6:45, Carle Pha (board-ing) 9:28.

Second Period

1. Philadelphia, Hartnell 6 (Voracek, Timonen) 9:34 (pp)
Penalties — Thompson TB (high-sticking) 1:03, Brewer TB (interference) 3:24, Kubina TB (tripping) 9:17, Pronger Pha (slashing) 15:01, Pronger Pha (high-sticking) 17:27, Roloson TB (delay of game; served by ST) 19:51.

Third Period

2. Tampa Bay, Bergeron 3 (Stamkos, Lecavalier) 7:41 (pp)

Penalties — Coburn Pha, Downie TB (fighting) 3:09, Voracek Pha (tripping) 6:17, Timonen Pha (interference) 13:17, Hartnell Pha (kneeing) 16:05.

Overtime

3. Tampa Bay, Connolly 3 (Moore, Kubina) 2:30

Penalties — None.

Shots

Philadelphia 6 4 4 1—15
Tampa Bay 7 6 9 2—24
Goal — Philadelphia: Bryzgalov (L,6-4-2); Tampa Bay: Roloson (W,5-3-1). **Power plays (goals-chances)** — Philadelphia: 1-5; Tampa Bay: 1-7.

Referees — Rob Martell, Chris Rooney.

Linesmen — Tim Nowak, Pierre Racicot.

Att. — 19,204 (19,204) at Tampa, Fla.

SCORING LEADERS

	G	A	PT
Kessel, Tor	11	11	22
Giroux, Pha	9	10	19
Backstrom, Wash	5	14	19
Vanek, Buf	10	8	18
Kopitar, LA	8	10	18
Pominville, Buf	6	12	18
D.Sedin, Vcr	6	12	18
Benn, Dal	5	13	18
H.Sedin, Vcr	5	13	18
Pavelski, SJ	9	8	17
Lupul, Tor	8	9	17
Eriksson, Dal	8	8	16
Stamkos, TB	10	5	15
Seguin, Bos	8	7	15
Jagr, Pha	6	9	15
Spezza, Ott	4	11	15
P.Kane, Chi	3	12	15
Edler, Vcr	2	13	15
M.Bergeron, TB	9	5	14
Neal, Pgh	9	5	14
Smyth, Edm	7	7	14
Skinner, Car	6	8	14
Ra.Whitney, Phx	6	8	14
Legwand, Nash	5	9	14
Selanne, Ana	5	9	14
St. Louis, TB	3	11	14
Franzen, Det	8	5	13
Tavares, NYI	8	5	13
Gaborik, NYR	7	6	13
Ma.Hossa, Chi	7	6	13
Lucic, Bos	7	6	13
Elias, NJ	6	7	13
Ovechkin, Wash	6	7	13

Not including last night's games

HOCKEY

CHL/RUSSIA SUPER SERIES

All Times Eastern

	GP	W	LSOL	GF	GA	Pt
Russia	2	2	0	0	7	4 4
QM/JHL	2	0	1	1	4	7 1
OHL	0	0	0	0	0	0 0
WHL	0	0	0	0	0	0 0

Last night's result

At Quebec City

Russia 5 QM/JHL 4 (SO)

Tonight's game

At Ottawa

Russia vs. OHL, 7 p.m.

Monday, Nov. 14

At Sault Ste. Marie, Ont.

Russia vs. OHL, 7 p.m.

Wednesday, Nov. 16

At Regina

Russia vs. WHL, 8 p.m.

Thursday, Nov. 17

At Moose Jaw, Sask.

Russia vs. WHL, 8 p.m.

IIHF 2011 WORLD JUNIOR A CHALLENGE

At Langley, B.C.

PRELIMINARY ROUND

GROUP A

	GP	W	OTW	OTL	L	GF	GA	Pt
Sweden	2	2	0	0	0	3	0	6
U.S.	1	0	0	0	1	0	1	0

Canada West 1 0 0 0 0 1 0 2 0

GROUP B

	GP	W	OTW	OTL	L	GF	GA	Pt
Canada East 1 1 0 0 0 5 0 3								
Czech Republic 2	1	0	0	0	1	4	8	3
Russia	1	0	0	0	1	3	4	0

Note: Three points for a regulation win, two for an overtime win and one for an overtime loss.

Last night's results

All Times Eastern

Russia vs. **Canada East**

Canada West vs. U.S.

Tuesday's results

Sweden 2 **Canada West** 0

Czech Republic 4 Russia 3

Tonight's games

Quarter-finals

QF1 — Second A vs. Third B, 7 p.m.

QF2 — Second B vs. Third A, 10:30 p.m.

WOMEN'S FOUR NATIONS

At Nykyping, Sweden

PRELIMINARY ROUND

All Times Eastern

Yesterday's results

Russia 5 Finland 0

U.S. 8 Sweden 0

Today's games

Canada vs. U.S., 8:30 a.m.

Sweden vs. Finland, 1 p.m.

Saturday's games

Finland vs. U.S., 6:30 a.m.

Sweden vs. **Canada**, 10 a.m.

Sunday's games

BRONZE MEDAL

Third vs. Fourth Places, 5:30 a.m.

GOLD MEDAL

First vs. Second Places, 9 a.m.

NFL

WEEK NINE

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
New England	5	3	0	.625	222	184
N.Y. Jets	5	3	0	.625	199	163
Buffalo	5	3	0	.625	222	174
Miami	1	7	0	.125	138	169

SOUTH

	W	L	T	Pct	PF	PA
Houston	6	3	0	.667	236	157
Tennessee	4	4	0	.500	156	169
Jacksonville	2	6	0	.250	98	163
Indianapolis	0	9	0	.000	128	283

NORTH

	W	L	T	Pct	PF	PA
Baltimore	6	2	0	.750	208	130
Cincinnati	6	2	0	.750	195	140
Pittsburgh	6	3	0	.667	196	162
Cleveland	3	5	0	.375	119	170

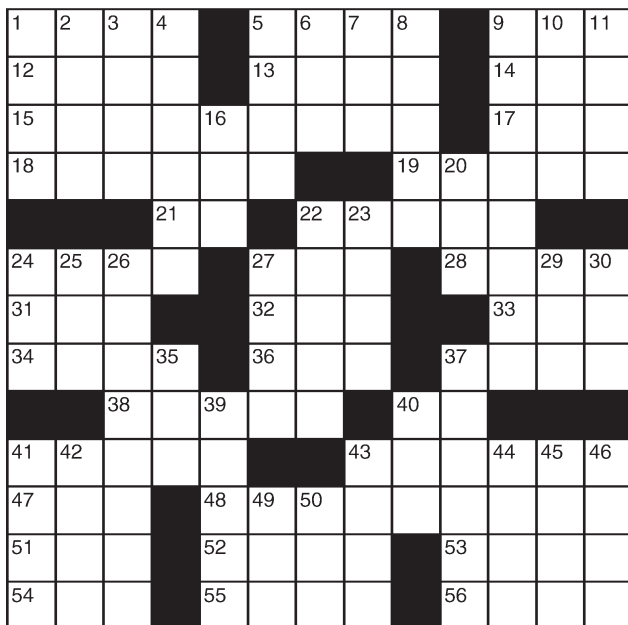
Crossword

Across

1 Hardly hirsute
5 Teeny bit
9 Frat-party item
12 Reed instrument
13 Unembellished
14 A Gabor sister
15 Prop in a Gidget movie
17 Shrill bark
18 Takes the helm
19 Saunter
21 Opposite of 30-Down
22 Crooner Iglesias
24 Not barefoot
27 Anderson's "High —"
28 Frilly
31 Debtor's letters
32 Towel designation
33 Fish eggs
34 Legend
36 "Characters Welcome" network
37 Probability
38 Pop
40 Hairstyle
41 Boston newspaper
43 Plant of the mint family
47 Grazing area
48 Pub target
51 Listener
52 Notion
53 Pleased
54 Conclusion
55 Under the influence
56 Longings

Down

1 Employer
2 Touch



3 Traditional tales
4 Protect
5 Biblical prophet
6 Afternoon social
7 Bobby of hockey
8 Hero's reward
9 QWERTY, for one
10 Satanic
11 Stare stupidly
16 Chum
20 Wire measure
22 Beam supporting a ceiling
23 — Major
24 Alastair who played Scrooge

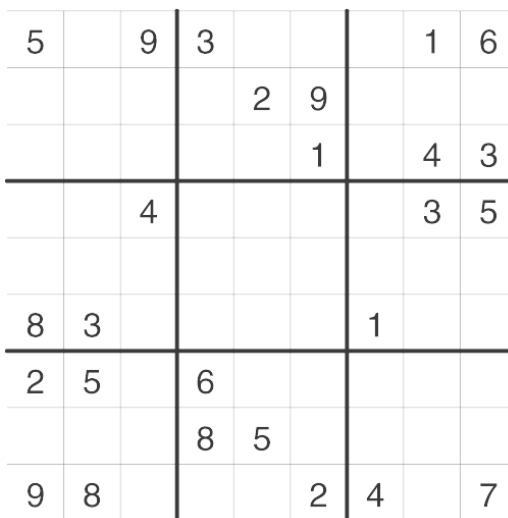
25 Today, in Tijuana
26 Motorboat feature
27 So
29 Massachusetts cape
30 Opposite of 21-Across
35 Center
37 Study of eggs
39 Made over
40 Slight touch
41 Jane Lynch's show
42 Tilt
43 Remain
44 Crooner Jerry
45 Persia, now

46 Tosses in
49 Big bother
50 Agt.

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

A look at the weather

TODAY
Min -1°
Max 11°

FRIDAY
Min 4°
Max 10°

SATURDAY
Min -4°
Max 2°

Michele McDougall
Weather Specialist

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing. **KEEP forecasters on their toes!**" **WEEKDAYS 5:30 AM**



Today's horoscope

♈ Aries March 21-April 20 A clash over money is likely today but it can be quite easily resolved.

♉ Taurus April 21-May 21 No matter what others might have said or done in recent weeks, you must forgive, forget and move on.

♊ Gemini May 22-June 21 Today's full moon may lead to a few moments of doubt but tomorrow your confidence will soar.

♋ Cancer June 22-July 22 Do something people will remember you for long after you are gone. Just make sure it is something they remember you for with a smile.

♌ Leo July 23-Aug. 23 You are going to have to face and overcome a major obstacle. Look at it from a positive perspective.

♍ Virgo Aug. 24-Sept. 22 Don't take anything you see or hear at face value today because the full moon has a tendency to warp.

♎ Libra Sept. 23-Oct. 23 With today's full moon cutting across the money axis of your chart, someone may try to cheat you.

♏ Scorpio Oct. 24-Nov. 22 You'd be wise to take people's views into account before you do things that may change their lives.

♐ Sagittarius Nov. 23-Dec. 21 The full moon is playing havoc with your emotions. By this time tomorrow you'll be back to normal.

♑ Capricorn Dec. 22-Jan. 20 Certain facts and figures don't add up and you're starting to wonder if someone has been misleading you.

♒ Aquarius Jan. 21-Feb. 18 You are intensely ambitious but if you come on too strong, authority figures may turn against you.

♓ Pisces Feb. 19-March 20 If you pick a fight today, it is you who will come out of it the worse for wear.

SALLY BROMPTON

Caption contest



WIN! You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

Get Back The You You Used To Know

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